



If you have questions/comments about this program at Pope, e-mail thatguy@pope.af.mil

Up Next

Daylight Savings Time

Daylight Savings Time ends Sunday. Everyone is reminded to set their clocks back one hour before going to bed Saturday night.

Base Trick or Treating hours

Pope's trick or treating hours are tonight from 6 to 8 p.m.

"Holy"-Ween Festival

The Pope Chapel is celebrating the "Holy" in Halloween tonight from 4 to 6 p.m. on the front lawn of the chapel. Children must be accompanied by an adult.

Save a life tour

The National High Impact Alcohol Awareness Program is Monday from 9 a.m. to 5 p.m. at Bldg. 708 in Hangar 5. For more information, call Mike Shannon at 394-8395.

CCAF Graduation

The Education office will be hosting the 2008 Community College of the Air Force graduation Thursday at 2 p.m. at the base theater. All base personnel are invited to attend. Graduates are reminded to be at the Pope Theater at 10 a.m. for rehearsal. For more information, call Vivian Johnson at 394-1140.

RAD classes

Pope women may sign up for a rape aggression defense course held Nov. 7 from 6 to 9 p.m. and Nov. 8 from 8 a.m. to 5:30 p.m. There is no cost to participate. To register or for more information, call Capt. Mary McGriff at 394-4551 or Gloria Trimmer at 394-2769.

DUI tracker

DUI tracking is current as of Wednesday

Days since last DUI	3
2008	18
DUIs for 2007	29



AADD Saves	
This week	3
This year	271

For a free, anonymous ride home midnight to 6 a.m. Friday to Sunday, call Airmen Against Drunk Driving at 394-AADD.

# CAROLINA FLYER

Vol. 12, No. 44

Pope Air Force Base, N.C. • public.pope.af.mil

Friday, Oct. 31, 2008

## OPERATION READINESS INSPECTION



Staff Sgt. Tacara Hanna, 43rd Logistics Readiness Squadron, holds up items from her mobility bag during an Operational Readiness Inspection mobility bag inventory check Monday at Bldg. 560. Three hundred and eighty seven Airmen and 294 short tons of cargo were processed.

## Always be alert Anti-terrorism awareness begins with you

By Staff Sgt. Krista Fitzgerald  
Antiterrorism Staff NCO

Have you noticed how busy things are at Pope? Something is happening here every day and things are always changing.

Units are departing while new units are arriving, and new faces are everywhere. In this ever changing environment, it can be easy to lose focus on our surroundings and not notice when something is out of place.

It is more important than ever in this changing environment to be on the lookout for suspicious activity.

There are three easy steps each of us can take to help prevent terrorism.

The first, and most obvious, is to remain vigilant. The more familiar people are with their surroundings the more likely they are to notice when someone or something is out of the "norm."

Has the hair on the back of your hand ever stood up when you see something that just doesn't look right? You are noticing something wrong for a reason.

DON'T IGNORE IT!!!

The second step is to record and remember what was just witnessed. The same way the enemy collects and uses little pieces of information fitted together to develop a bigger picture, American citizens can analyze bits of information to figure out a terrorist's intention.

Always remember to get as many details as possible about the suspicious individual or activity because even the most insignificant detail may tell us something.

DON'T IGNORE IT!!!

The final step is to report the information that has been collected. If what is observed constitutes an emergency, then immediately call 911 to report it. If not then there are other options available to individuals on Pope.

If a person notices something suspicious, he should call the Security Forces Control Center at 394-2800. People can report the information to their unit antiterrorism representative or call the Wing Anti-terrorism Office at 394-2089/5247/1775.

If unsure about how to report what has just been observed, just report it anyway. The important thing is that you report it.

The information that you think is nothing may mean a lot more to those in the positions of protecting you.

DON'T IGNORE IT!!!

## Pope, Fort Bragg team up once again

U.S. Army Soldiers from the 82nd Airborne Division walk onto the flightline to board C-130 Hercules and C-17 Globemaster III aircraft during a Joint Forcible Entry Exercise (JFEX) held at Pope on Oct. 21, 2008. JFEX is a primary tool for the 82nd Airborne Division's Brigades to train for real-world contingency operations. Many times, JFEX is the last chance for these units to prepare before assuming "ready" status as the on-call "division-ready brigade".



PHOTO BY TECH. SGT. WILLIAM GREER



# Team Pope's Mission Continues

By Col. John McDonald  
43rd Airlift Wing Commander

It's all over now, right? After nine months of preparation, the Operational Readiness Inspection will begin to wrap up today in Alpena, MI, with our deployed team members arriving back home by Sunday. All we have left to do is in-process them to the Wing and acknowledge our journey has been tough but rewarding. By all accounts, Team Pope built upon its reputation of professionalism and excellence throughout the inspection. But, before we hurt ourselves patting each other on the back, it's important to remember what the ORI is truly about: ensuring we are ready, if called upon, to respond to real-world situations, worldwide. This is a tremendous responsibility, and from everything I saw this past week you all are more than ready and more than capable.

The week prior to the ORI, Oct. 20-24, I attended the **Fall Rally** at Scott AFB, Ill. The Fall Rally is a gathering of all the AMC Wing Commanders and Headquarters Directors to discuss issues impacting not only our mobility forces, but issues which traverse the entire Air Force. The overriding theme built on Gen. Schwartz's call for a "**Back to Basics**" approach executing our individual and collective mission. You may wonder what "Back to Basics" really means. Is this another

"bumper sticker" effort or another of many causes du jour? No, it's straight forward. It's the real deal. It's what our successes must be built upon; it's **absolutely the right thing to do!** Always! Think of it in terms of the ORI and the incredible preparation by the Wing. During our seven home-station mobility exercises, we constantly refined our processes, whether it was mobility folders, cargo marshalling or passenger processing. Our Exercise Evaluation Team members broke the preparation needed across the Wing into bite-size "basic" aspects of readiness in the earlier exercises, and continued to stress them as we incorporated additional requirements and stressors as our preparation continued. Our execution this past week was built firmly upon a foundation solidified by basic elementary tasks and methodologies proven time and again. The basics we all learned during our military training. There's a reason for this: collectively we have a checklist mentality. The EET members made sure every process we executed during the ORI was done correctly, which worked to our advantage. Why? It was not simply because the ORI team members were going to grade our readiness to respond, but more importantly, for the importance of internalizing the process and understanding the reason it's in place. It trains us all to do the right things, whether you are being evaluated or not.



Col. John McDonald, 43rd Airlift Wing Commander, visits with Staff Sgt. Jessica Walker, 43rd Operations Support Squadron, Wednesday morning at the Base Operations building. Sergeant Walker recently arrived at Pope from Sembach Air Base, Germany.

**Election Day is next Tuesday!** Given all you represent, it's your obligation to vote. Military members, more than any other group, should appreciate the importance of voting. So if you are able to vote locally, make time to get to the polls. If voting by absentee ballot, I hope they are in the mail, or you are mailing them today, but exercise the right that you and millions of other have fought for.

Veterans Day is also fast approaching and many of you realize Team Pope's presence at the **Fayetteville Veterans Day Parade** is renowned throughout the greater Fayetteville area. Last year more than 5,000 people attended to say thanks to you, and if you are not in one of our formations, I hope you will

attend the parade and enjoy "your" day. Whether our local parade or the **Salute the Troops** event last April which drew more than 50,000 people in Raleigh, it is evident the residents of North Carolina care about you, your family and our mission. Please return that gratitude and make your way to Hay Street in downtown Fayetteville Nov. 8 at 10 a.m. It will be fun!

Additionally, we'll be showing our appreciation for the entire Pope community with a **Military Family Appreciation Week** full of great activities. From Nov. 15 through Nov. 21. There will be something for everyone, ranging from free golf to the Family Fall Festival to a Friday Family Fun Finale at Woodland Park with a live band and free food! Look for more

details in the coming weeks, but please choose to participate.

Finally, **thanks.** I challenged Team Pope to make a difference through participating and supporting the Combined Federal Campaign, and you knocked the ball out of the park. Our goal was \$110,000, and as of this week you have pledged well over \$150,000. Incredible! Your response to this effort reinforces what I tell everyone about Team Pope; it's the people. You make Pope unique. You work to guarantee our successes and you should appreciate the difference you make in so many different areas of our community.

Thank you for all that you do, and remember always **FALL BACK ON SAFETY**, keep an eye out for your **WINGMAN** and never be **THAT GUY!**

## Commander's Helpline

394-HELP (4357)  
commanders.helpline1  
@pope.af.mil

The Commander's Helpline is your direct link to Col. John McDonald, 43rd Airlift Wing commander.

If you have worked through normal channels and aren't satisfied, Helplines are an opportunity to ask questions, compliment someone or make suggestions. You must include a name and phone number for a response.

Helplines of general interest will be published in the Carolina Flyer, others will be answered by letter or phone call.

Remember, the most efficient way to solve a problem is to talk directly to the responsible office or follow your chain of command.

You can call the Commander's Helpline at 394-4357 or e-mail to **commanders.helpline1@pope.af.mil**.

## Helpful numbers

Emergency (Base Phone/home phone) .....	911
Cell Phone .....	394-0911
Law Enforcement Desk .....	394-2800/2808
Helping Hand Hot line .....	394-2777
Crime Stop .....	394-4111
Pope Clinic .....	394-4258
Pass and Registration .....	394-2694
Security Forces .....	394-2800
Legal Office .....	394-2341
Chapel .....	394-2677
Military Personnel Flight .....	394-2276
Pope Club, collocated .....	497-4031
TRICARE Customer Service .....	1-877-TRICARE
Civil Engineers .....	394-2821
Inspector General .....	394-2302
Family Support Center .....	394-2538
Child Development Center .....	394-4323
Kitty Hawk Inn .....	394-4377
Dining Facility .....	394-4867
Housing Management .....	394-2891
Bowling Center .....	394-2671
Fitness Center .....	394-4628
Finance (Military Pay) .....	497-8181
AAFES Shopette .....	394-4183
Public Affairs .....	

# What gives you goosebumps?

By Lt. Col. Trent Tate  
43rd Aerospace Medicine Squadron Commander

About six years and three months ago my pulse raced, my eyes widened, the temperature in my body rose, my skin flushed... I had goosebumps.

How did this happen? I was standing at attention during the national anthem at the Yokota Air Base Theater when a video clip depicting our Armed Forces members in action played.

Within moments of starting, an F-16 (the only military aircraft I've ridden more than twice) was imaged on the screen.

Seconds later, the four fans of freedom from the C-130s so prominently displayed on the ramp at Yokota were shown during an airdrop mission.

Later, a landing A-10 from my "promised" future base was landing with the beautiful Santa Catalina Mountains north of Tucson so visibly lit in the sunshine.

The anthem and the video closed with an image of an ascending C-5 and then faded to a giant image of Old Glory blowing in the wind.

After having left Dover and its C-5s unexpectedly after an unusually brief 22-month tour, these images elicited something visceral in

me and caused the pride and identification I had at being an Airman to overflow and change my body's chemistry.

My always supportive wife, Val, passed me a napkin to wipe the sweat from my forehead as the movie previews began.

Goosebumps (cutis anserina) are so-named because they resemble the skin of a plucked goose. They are elevations of the hair follicles above the rest of the skin caused by a reflex generated by an automatic response that is not easily controlled.

Some biologists believe that goosebumps evolved as part of the "fight-or-flight" reaction, and experts say our bodies cannot often tell the difference between what is real and what is imagined.

Music, poetry, movies and sports commonly drive the depth of human feeling required to set the stage for goosebumps.

One notable expert, Dr. David Pendergrass notes that previous experience is the key to understanding the differing perceptions individuals have in response to stimuli. Many of us were scared of the "boogey man" or other scary figures as a child. This fear likely ended after previous experience allayed our fears.

The main point is that although we are in complete

control of the actions we conduct to impulses, most of us can do little to prevent the generation of those same impulses which may result in the formation of goosebumps.

If you were listening attentively at the dedication of the Lt. Col. Jay Zeamer Headquarters Building and Lt. Joseph Sarnoski Parade Field recently, several of you likely got goosebumps from hearing of the heroic actions of these two great Airmen.

Others probably have had a similar experience from either reading or listening to the citations of several other Medal of Honor recipient winners like Col. Leo Thorsness or Sgt. John Levitow.

Some may get goosebumps when watching military battles, real or fiction, in movies and on television.

Documentaries such as Ken Burns' "The War" are especially powerful in delivering these emotions.

I've personally witnessed seemingly routine events such as farewells, promotions, Professional Military Education graduations and retirements stimulate the development of goosebumps in those not directly affected by the event.

We often do not understand and cannot effectively communicate

exactly what gets us fired up enough to develop goosebumps.

The causative agent usually results in a memory that can either be manifest or latent.

An offset of this memory is usually inspiration, an inspiration that is visible to others in the form of energy.

Inspiration plus energy in a human being often looks for some task to complete. When others around us are doing the same thing, a synergy referred to in the slang of today as "gelling" results.

Let me exchange three words from the last three sentences: inspiration (motivation), human beings (people) and task (mission).

You may recognize the words in parentheses as the motto of the 43rd Airlift Wing: "People, Mission, Motivation," which is by far the best motto of the seven bases I have been assigned to.

A fourth word, synergy (teamwork) is required for us to be successful in our endeavors as we cannot succeed alone. All of these things may be initiated from the fire generated in one Airman.

Cherish your service; use the things that motivate you as fuel others can feed off, so that together we can exceed the standard of excellence!

## Wingman of the Week



Staff Sgt. Everett Smith, 2nd Airlift Squadron, installs new floor tie-down washers, also called cookies, onto aircraft door rails. The aircraft door rails are what hold down palettes on aircraft.

### Staff Sgt. Everett Smith 2nd Airlift Squadron

**Job description:** I'm an Aerospace Maintenance Technician

**Date entered military:** Jan. 6, 2004

**Reason entered military:** For family, school and honor

**Who has been the most influential person in your career?** Master Sgt. (Ret.) Joseph Quetel

**Short term goals:** To finish my Community College of the Air Force degree

**Long term goals:** To get my master's degree

**What do you think is the best thing about Pope, and why?** The best thing is the location. It makes it easier to visit my family in Florida.

**If you could change one thing about Pope, what would it be, and why?** I would build a mountain bike and running trail through the woods around Pope.

CAROLINA  
**FLYER**

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The appearance of advertising in this publication including inserts or supplements, does not constitute endorsement by the Department of Defense, Department of the Air Force or Fayetteville Publishing Co., of the products or services advertised.

Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

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### Pope Air Force Base Editorial Staff

Commander .....	Col. John McDonald
Acting Chief, Public Affairs .....	Master Sgt. Vicki Johnson
Editor .....	Tech. Sgt. Todd Wivell
Staff Writer .....	Staff Sgt. Jon LaDue
Staff Writer .....	Airman 1st Class Mindy Bloem
Staff Writer .....	Emily Farrington-Smith
Layout/Graphics .....	Irvin Gourdine

The deadline for all new material, stories and pictures to be considered for publication is noon, Friday the week before publication to the 43rd Airlift Wing Public Affairs Office, 5453 Reilly Street, Pope AFB, N.C., 28308-2391.

The public affairs office staff reserves the right to edit all submissions.

Visit the Carolina Flyer Web site at **public.pope.af.mil**.



U.S. AIR FORCE

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Advertising .....	678-9000





PHOTOS BY AIRMAN 1ST CLASS MINDY BLOEM

Staff Sgt. Dave Jimenez (left), 440th Aircraft Maintenance Squadron, and Senior Airman Darren Jorgensen, 2nd Airlift Squadron maintenance unit, use a multi-meter to check the magnetic plugs in the engine of a C-130 Tuesday at Blue Ramp. The equipment is used to ensure the engine is free of any metal and able to circulate properly. This check is part of the basic post-flight inspection.

# Aircraft maintainers keep Pope flying

Story by Emily Farrington-Smith  
Staff writer

“If it isn’t broken, don’t fix it.” Oh how many times we’ve lived by this motto... except for the Airmen of 2nd Airlift Squadron’s flightline maintenance crew.

It is their job and responsibility to examine aircraft, even when they may seem perfectly fine, in order to detect problems early and to keep everyone safe.

“The role of the 2nd AS flightline maintainers is to work hand-in-hand with our counterparts in the 440th Aircraft Maintenance Squadron to perform aircraft maintenance on the 440th owned C-130H models that are assigned to Pope,” said Senior Master Sgt. John Rdesinski, Aircraft Maintenance Unit Superintendent.

Because of a strong dedication to fulfilling their job requirements, the crew chiefs and maintainers hold fast to their rigorous schedule and fastidious work ethics.

There are almost three hundred core tasks that maintainers must know for the C-130H

model alone to become what is called a 5-level maintainer. Subsequently, there are dozens more tasks to know and perfect to be certified as a 7-level technician.

The majority of these tasks are basic knowledge for all maintainers, and while crew chiefs maintain everything from tires and brakes to the servicing of every internal system, there are multiple specialist career fields that maintain specific systems on aircraft like engines, radios and air conditioning.

Staff Sgt. David Jimenez, 440th Aircraft Maintenance Squadron, started his Air Force career as an Aircraft Maintenance Production Manager before cross training to become a crew-chief earlier this year.

“On a typical day, we will organize and perform pre-flight, post-flight and through-flight inspections, as well as launch and recover our aircraft,” he said. “We are responsible for the lives of the crew members who operate and fly in our aircraft.

“I love what I do, that’s why I cross trained into this career field,” Sergeant Jimenez said. “It’s so rewarding to see my air-

craft flying and to know that is in the air because of our work and dedication.”

Aircraft maintenance is a job that is mostly behind the scenes. When people see planes flying or are seated on a plane themselves, thoughts often go to the pilots. Little recognition is given to those who ensure the planes get off the ground every day safely and in perfect working order.

Senior Airman Darren Jorgensen, a maintainer with the 2nd AS aircraft maintenance unit, said he agrees.

“The most exciting part of my job is getting to work on multi-million dollar aircraft,” Airman Jorgensen said, “But the most important aspect of what I do is making sure the planes can fly safely.”

Sergeant Rdesinski elaborated.

“Depending on the flying schedule and the condition of the aircraft, we service, launch, recover, inspect and generally perform whatever maintenance is required to keep the aircraft flying,” he said.

Add to all that maintainers need to know, the typical day starts with a dayshift role call at 6:30 a.m. and swing shift role call at 3:30 p.m. Shifts work upwards of nine hours at a time, though according to the Airmen there, “nobody punches a time-clock.”

When asked what a typical day feels like, Airman Jorgensen simply said, “long.”

The 2nd AS and the 440th Reserve Unit have a close working relationship due to the Base Realignment and Closure commission that is in effect at numerous Air Force bases all over the country.

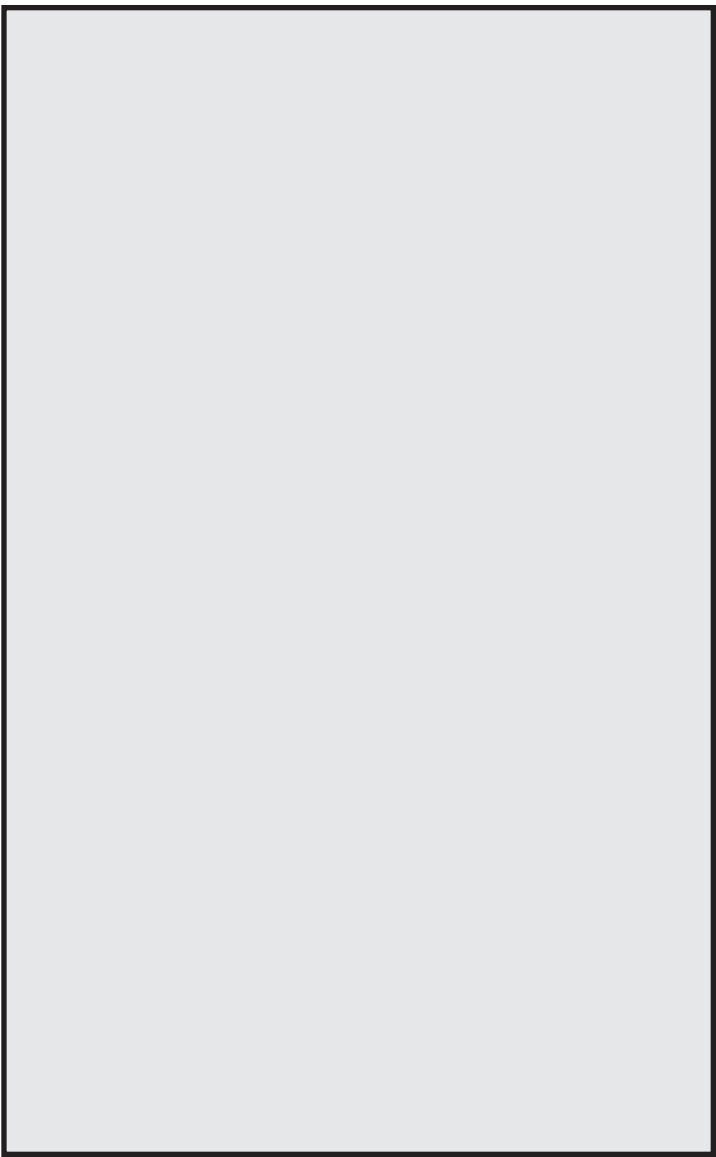
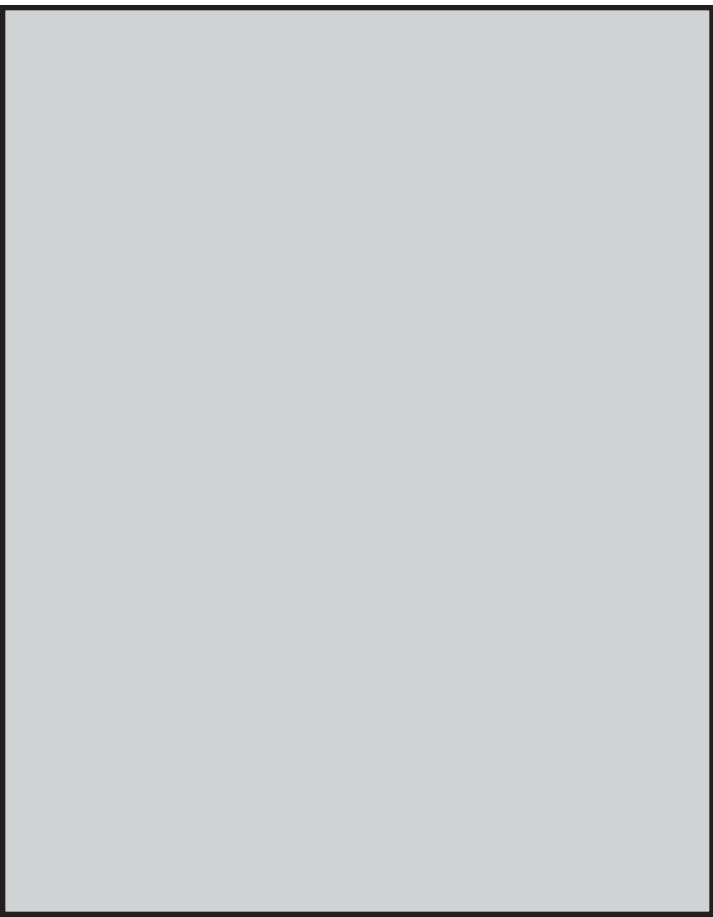
The maintainers of the 2nd AS and the 440th have a well-oiled working relationship.

“I think it’s great to see Active Duty and Reservists working together as one team,” Sergeant Jimenez said. “I love the diversity it brings to this wing and to the Air Force. It’s been an amazing learning experience and I see that we will become one of the best C-130 Wings in the AF, one that many other wings will want to emulate.”



Tech. Sgt. Allen Campbell, 440th Aircraft Maintenance Squadron, checks the landing gear of a C-130 during the crew chief portion of the home station inspection at Blue Ramp Tuesday. The inspection is conducted every 180 days and is the most in-depth inspection on the flightline.

No matter what the future holds for Pope’s aircraft maintainers, their day-to-day performance is never lacking. Thorough work is imperative in keeping Pope flying.





Pope talks By Airman 1st Class Mindy Bloem Staff writer

“What are you going to be for Halloween?”



“I am going to be a midnight fairy.”

— Leila Owens 9 years old



“I want to be John Cena, the wrestler.”

— Anthony Vincent 12 years old



“I am going as Indiana Jones.”

— JT Osheim 10 years old



“A fairy godmother.”

— Diamond Jackson 9 years old

Can you beat the Pro?

Week 9

Lt. Col. Donald Kimminau 43rd Operations Group Commander

The 43rd Airlift Wing Public Affairs office and 43rd Force Support Squadron are hosting this years “Beat the Pro.” Each week during the professional football season, a senior member of wing leadership will pick the winners of five pre-selected games. Their picks will be published each Friday before the games are played. Pope Airmen, family members and civilian employees will have a chance to match wins with the ‘pros’ each week. Just select your picks for the week and submit them before games kick off Sunday. Any submission received after the start of the first game on Sunday will not be accepted. Contestants should e-mail their picks to [carolina.flyer@pope.af.mil](mailto:carolina.flyer@pope.af.mil). The contestants each week who have correctly selected more winning games than the ‘pro’ will be published in the following week’s paper and win a prize.



The more you play the better your chances to win the grand prize of 2 tickets to Super Bowl Bingo

Week 8 Results

Pros Picks for Week 9

Pro: Lt. Col. Ched Beam 1 correct pick  
Winner(s): Leroy Ford 4 correct picks  
Jon LaDue, Terri Bailey, Mindy Bloem 3 correct picks  
Vicki Johnson, Jessica Kosisky, Levon Atterberry, James Koch, Brandon Johnson, John McDonald  
Brett Johnson  
Sandy Bezue, Brenda Atterberry, Kelley Koch, Brian Cerney, Henderson Beam, Ryan McDonald 2 correct picks

Denver Broncos over Miami Dolphins  
Indianapolis Colts over New England Patriots  
New York Jets over Buffalo Bills  
St. Louis Rams over Arizona Cardinals  
Tennessee Titans over Green Bay Packers



Public notice for Pope

The North Carolina Department of Environment and Natural Resources has approved no further action for the remediation of soil and groundwater at the following sites located on Pope. The state rules require that properties and occupants who are located adjacent to or near the referenced sites be informed of this decision.

SS014

This site is located at the Auto Skills

Center located on Armistead Street across from the softball field/ Woodland Park.

SS020

This site is located between Surveyor Street and the Silver Ramp near buildings 708 and 715.

Interested people may examine the site information by calling the Civil Engineering Environmental office at 394-2584 or by contacting the NCDENR

Division of Waste Management Raleigh Office at the following address:  
**Art Shacter**  
**North Carolina Department of Environment and Natural Resources**  
**Raleigh Office, Division of Waste Management, Superfund Section**  
**1646 Mail Service Center**  
**Raleigh, NC 27699-1646**  
**(919) 508-8477**



News

*Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run for a maximum of four weeks or until the event occurs, whichever comes first. If there's a need to extend the publication of the brief, call the editor at 394-1723.*

■ **Military Family Appreciation Week events:** The following are the dates for upcoming Military Family Appreciation Week events:

□ **Nov. 15 and 16:** Weekend family golf, includes two for ones, free club rentals under 13 years old, long drive contests and putting contests for the kids.

□ **Nov. 17:** Family movie night for \$1 and bowling alley specials.

□ **Nov. 18:** Fall Festival at the Pope Club, includes free dinner, games and prizes.

□ **Nov. 19:** Family Fitness Fair at the Pope Fitness Center, includes Fit Factor, family relays, contests and more.

□ **Nov. 20:** Family Game Night at the Pope Club, includes HALO, "Are you smarter than a 5th Grader?" and more.

□ **Nov. 21:** Friday Family Fun Finale, includes a live band, free food, pie eating contests and more at Woodland Park.

For more information, call Tech. Sgt. Krystal Marks at 394-3018 or e-mail [krystal.marks@pope.af.mil](mailto:krystal.marks@pope.af.mil).

■ **Passports:** Until further notice all new passport applications or passport-related issues will be handled by the Fort Bragg passport agency. If you applied for passports at Pope and still need to apply for a visa, you may stop by the passport office in the Military Personnel Section to pick up your passport to take with you to the Fort Bragg office. The passport office is located on the second floor of the Soldier Support Center on Normandy Drive. For more information, call Lorenza Silva at 239-9995 or via e-mail at [lorenza.silva@us.army.mil](mailto:lorenza.silva@us.army.mil). Hours of Operation are Monday through Friday from 8 a.m. to 4 p.m.

■ **Closing:** Womack Army Medical Center primary care and specialty clinics are closed Nov.

10—11 for Veteran's Day. This includes Clark Health Clinic, Joel Health and Dental Clinic, Robinson Health Clinic, Womack Family Medicine Clinic and our specialty care clinics. The Department of Family Medicine Consolidated Clinic is open Nov. 10 from 7:30 a.m. to 4:30 p.m. in the Womack Family Medicine Clinic. TRICARE Prime patients enrolled to Womack Family Medicine, Pope Clinic, Pediatric Clinic, Internal Medicine and TRICARE Prime patients traveling are eligible to be seen in this clinic. To make an appointment in this clinic, call 907-2778. The Acute Minor Illness Clinic is open Nov. 10 from 4 a.m. until midnight. The AMIC is open from 9 a.m. until 5 p.m. Nov. 11. To make an appointment in the Acute Minor Illness Clinic, call 907-2778. The Emergency Department is always available for emergencies. To reach the Emergency Department, call 911 or 907-6559.

■ **No heat/no cool:** With hot summer temperatures subsiding, the no-heat/no-cool season is now here. This action will allow Pope to achieve a 40 percent reduction in energy usage and save more than \$300,000. Air conditioning for all base facilities are now turned off. Heat to all facilities will be turned on in middle to late November, depending on the weather. For more information, call CE customer service at 394-2821.

■ **Attention officers:** AFPC is seeking highly motivated officers from various career fields to become Unmanned Aircraft Systems operators. The first 10 officers selected will start training in January 2009.

**Officers must meet the following eligibility criteria:**

- Line Captains with four to six years Total Active Federal Commissioned Service as of Jan. 5, 2009.
- Pilots are not eligible
- Combat System Officers, Panel Navigators, Electronic Warfare Officers, Weapons System Officers and Air Battle Managers are eligible to compete if they are not currently in training, awaiting training or previously eliminated from UPT
- Non-rated line officers are eligible to apply providing they meet all other eligibility requirements

- Are less than 30 years old on Jan 5.
- Air Force Officer Qualification Test minimum scores of pilot > 25, Combined pilot/navigator composites > 50 (If no AFOQT on file, complete the AFOQT by today. Contact your servicing education office to schedule this test).
- Two years time on station by July 1
- No previous military pilot training experience
- No soft contact lens within 30 days of exam. No hard contact lens within 90 days of exam. No PRK or LASIK surgery within 12 months of exam. (If selected as finalist) Interested officers must submit their application by Nov. 3 to AFPC.

■ **Legal issues:** Due to the projected manning shortage, the 43rd Airlift Wing legal office will be available for legal advice by appointment only this Monday through Friday. The available date is Wednesday from 1 to 3 p.m. To make an appointment, call 394-2341.

■ **Colorama Bowling:** The Pope Bowling Center is hosting Colorama Bowling every Saturday from 7 to 9 p.m. and every Wednesday from 6:30 to 9 p.m. The entry fee is \$15 which includes shoes. Participants play for cash prizes. For more information, call 394-2891.

■ **Honeycutt Road traffic delays:** Honeycutt Road on Ft. Bragg is reduced to two lanes beginning at 5 a.m. to 9 p.m. Mondays through Fridays until Feb. 1 to allow for the completion of the Honeycutt Road Widening Project. Eastbound Honeycutt Road traffic will be diverted at Knox Street to Gruber Street and then out through the East Gruber Gate beginning Tuesday from 5 a.m. to 9 p.m. to allow traffic flow in East Fort Bragg. Honeycutt Road will be a single lane two-way traffic on weekends beginning Friday night at 9 p.m. through Monday mornings at 5 a.m. The Gruber Gates will be closed during these periods. For more information, call James Polhamus at 432-5300 or e-mail at [james.polhamus@us.army.mil](mailto:james.polhamus@us.army.mil)

■ **Chief promotion results:** The chief master sergeant promotion cycle results

See NEWS on Page 6



Community Corner

Phoenix Spouses

It's time again to get together and have a blast while getting business accomplished. Bring a potluck dish and some great ideas for the next Phoenix Spouses meeting Wednesday from 11:30 a.m. to 12:30 p.m. or 6 to 7 p.m. At the meeting, spouses will discuss how to keep our families of deployed members busy and connected while their loved one is deployed. To RSVP, call the Airman and Family Readiness Center at 394-2538.

Phoenix Spouse Suicide Awareness Training

This training takes place Thursday from 6 to 7:30 p.m. This workshop will provide participants with the necessary attitudes, knowledge and skills to recognize persons at risk and to undertake appropriate management or referral of a person who is at risk of suicide. For more information and register, call the A&FRC at 394-2538.

Hearts Apart spouse lunch

Is your spouse deployed, or on a remote or extended duty assignment? Plan to attend this month's Hearts Apart luncheon Nov. 7 from 11:30 a.m. to 12:30 p.m. Lunch will be served and information will be available on programs that are available to aid with the separation. Attend the luncheon and meet some great people in the same situation. Child care funds are available. To reserve a seat, call the A&FRC at 394-2538.

Ten steps to a Federal employment

This class is for those trying to get hired with the federal government and is held Thursday from 8 to 11 a.m. at the A&FRC. The class includes information on how and where to search for jobs, how to complete the online resume, how to self-nominate for positions and more. Child care funds are available. To register, call 394-2538.

Recognition of the week

**Congratulations to the Air Mobility Command's selection for the Outstanding National Environmental Policy Act award for team excellence.** The 43rd Civil Engineer Squadron

CES  
**Congratulations to the AMC's selection as runner up for Outstanding Civil Engineer Civilian Manager.** Calvin Dickens, 43rd CES

Jury Brown III, 43rd CES  
**Congratulations to the AMC's Third Quarter selection for Company Grade Officer** 1st Lt. Neil Varma, 43rd Comptroller Squadron

**Congratulations to the AMC's selection as runner up for the Major General Eugene A. Lupia Award (CGO Manager).** Capt. Christopher Carnduff, 43rd

**Congratulations to the AMC's selection as runner up for the National Society of Professional Engineers Federal Engineer of the Year Award (Civilian).**

**Congratulations to the AMC's Third Quarter selection for Category I Civilian** Lori Reynolds, 43rd CPTS

Volunteer

*Editor's note: To request volunteers, submit briefs to the Carolina Flyer by calling 394-1723 or e-mailing carolina.flyer@pope.af.mil.*

■ **Football volunteers:** Individuals interested in earning money for their private organizations can volunteer at NC State, Duke and East Caroli-

na games and earn \$7 an hour for their private organization. They must wear khaki pants, T-shirts and tennis shoes to work at any event. Once they sign in, they will be given a shirt to wear while on duty. General duties include parking detail, ushering, and ticketing. For more

information, call 394-8320/6518.

■ **Military Appreciation Week:** Military Family Appreciation Week is right around the corner. Individuals who would like to help out with one or more events should call Tech. Sgt. Krystal Marks at 394-3018 or via e-mail at [krystal.marks@pope.af.mil](mailto:krystal.marks@pope.af.mil).





News

From Page 5

will be released Nov. 12 at 8 a.m. Release instructions and guidance will be released to the field beginning Monday to include instructions for PERSCO teams, guidance on release procedures, links to Web sites and the Virtual Enlisted Promotion Release application. This release will be the fifth major enlisted promotion release using the Web-based process. All actions will mirror those for staff sergeant release. There will be Webinar sessions conducted to discuss the Virtual Enlisted Promotion process. A separate email will be dispatched closer to the release date to provide Air Force-wide statistics. Direct any questions to HQ AFPC/DPSOE at DSN: 665-2362 or to [AFPC.DPSOE@RAN-DOLPH.AF.MIL](mailto:AFPC.DPSOE@RAN-DOLPH.AF.MIL).

■ **Halloween scans:** Womack Army Medical Center's Radiology Department is offering x-rays of Halloween candy tonight from 6:30 until 9 p.m. in the Department of Radiology on the first floor of Womack Army Medical Center. For more information, call at 907-7160. Additionally, the Pax terminal is offering scans from 6 to 10 p.m.

■ **AFAS:** The Air Force Aid Society can help combat the soaring cost of higher education for your children. Under its General Henry H. Arnold Education Grant Program, the AFAS awards \$2,000 each to selected applicants. The program continues to be offered to dependent sons and daughters of active duty, Title 10 AGR/Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired Reservists with 20-plus qualifying years of service, and deceased Air Force members. Spouses (residing stateside) of active duty and Title 10 AGR/Reservists on extended active duty, and surviving spouses of deceased members are also eligible candidates.

For more information and application, visit the AFAS Web site at [www.afas.org](http://www.afas.org).

Outside the gate

*Editor's note: To maintain the newsworthiness and timeliness of the Carolina Flyer, briefs will run four weeks or until the event occurs.*

■ **Veteran's Day:** A Veteran's Day Ceremony will be held Nov. 10 at the Spring Lake Veteran's Memorial Park (located at the corner of Ruth and Main Streets in Spring Lake). A call for citizens and

guests to take their seats will occur at 9:55 a.m. before the event begins at 10 a.m. The welcome and opening remarks will be made by the Town Manager, Larry Faison followed by the Posting of Colors by the Spring Lake Honor Guard. After the Invocation and singing of the National Anthem, Mayor Ethel Clark will speak. Representative Marvin Lucas from the North Carolina House of Representatives is slated to be the guest speaker. Representatives from Pope and Fort Bragg will then lay the ceremonial wreath. Taps, closing remarks and the benediction will conclude the ceremony. The ceremony is open to the public and all are encouraged to attend.

■ **GI Jane Camp:** Get your competitive juices flowing, ladies! The annual GI Jane Camp returns on Nov. 8. This women's only day will showcase events in canoeing, biking, horseback riding, paintball, skeet shooting and a nature walk. This outdoor experience embraces Fun Factor. A picnic lunch will be provided and prizes will be awarded in various categories to include Miss Congeniality, Miss GI Jane, and Miss Go Getter. The fun will begin at 8:30 a.m. at Smith Lake. Registration is required. Spaces are limited so get signed up early to ensure your slot in the 2008 GI Jane Camp. The cost for this year's camp is \$30. For more information or to sign up today, please call 396-7531 or visit [www.fortbraggmwr.com](http://www.fortbraggmwr.com)

■ **Military special:** In honor of the Armed Forces this fall, Marina Inn at Grande Dunes is offering a first-time special for military personnel this fall. Through March 31, active and retired military men and women are welcome to enjoy accommodations and golf at more than 50 percent off the normal price. This first time offer includes amazing

rates of \$99 per night for accommodations in a Grande Guest room, \$50 for 18 holes of golf at the Resort Club, \$9 for Executive Par 3 golf course and \$4 at affiliated miniature golf courses. All that is required to receive this offer is a valid military or public service ID at check in. This Military appreciation Offer can be booked by calling (866)756-4230 or by visiting [www.marinainnat-grandedunes.com/military](http://www.marinainnat-grandedunes.com/military).

■ **Halloween BINGO Bash:** Tonight get in your costume, grab your dobber and head out to the Fort Bragg MWR Yntema Club for the Halloween BINGO Bash! BINGO fans are encouraged to come out to the Yntema Club tonight for a scary good time! Games will begin at 7 p.m. with a guaranteed jackpot of \$2500 during the last game of the night. For more information, call 396-3310.

■ **Early Bird Basketball Tournament:** Fort Bragg will be having an Early Bird Basketball Tournament Nov. 14 through 16 at various facilities around the base. Team rosters are unlimited to the number of players, however, only 14 awards will presented to members of the 1st and 2nd place teams. Roster revisions are permitted throughout the tournament. The tournament is free to military/government I.D. card holders ages 18 and older. For more information, go to [www.fortbraggmwr.com](http://www.fortbraggmwr.com) or call Steve Johnson at 396-1217.

■ **Harvest night:** Cliffdale Christian Center on Cliffdale Road is conducting Harvest Night tonight from 6:30 to 9 p.m. The center will be hosting an evening of fun which include refreshments, games, activities, candy and more.

ASK THE DOC

43rd Medical Group ... Healthy Forces • Healthy Families



**Q:** I have been having a lot of trouble sleeping. Sometimes I can't fall asleep, sometimes I can't stay asleep, sometimes I wake up early – I don't feel rested and don't have enough energy. What should I do?

**A:** Although you may feel like there's something horribly wrong with you, sleep difficulty is actually a fairly common problem. You may have heard that everyone needs exactly eight hours of sleep each night, but sleep needs differ and may vary throughout your life. So, first and foremost, RELAX. Worrying about not sleeping (clock-watching) or "trying really hard" to get to sleep will usually make the problem worse. Instead, try these guidelines: (1) Avoid caffeine and nicotine, since both are stimulants; (2) limit alcohol before bedtime; (3) keep your sleep environment quiet, cool, and dark, and use it exclusively for sleeping; (4) exercise regularly; (5) avoid naps; (6) keep a regular waking time, which helps set your circadian rhythm and trains your body to sleep at the desired time; (7) eat a light snack before bedtime. Also, be aware that "sleeping pills" or "sleep aids" (over-the-counter or prescription) are not a good long-term solution to sleep problems. They can actually perpetuate the problem or make it worse.

Please send your questions to [askthedoc@pope.af.mil](mailto:askthedoc@pope.af.mil). We look forward to hearing from you!

ALS Class 2008-G Graduates

Special Award Winners:

**John L. Levitow award:** Senior Airman Adam Crown

**Distinguished Graduates:** Senior Airman Travis McMillion, Senior Airman Cody Schreck

**Leadership award:** Senior Airman Kenneth Shelton

**Academic Achievement awards:** Senior Airman Travis McMillion

43rd Logistics Readiness Squadron

Senior Airman Jaime Alarcon  
Senior Airman Stephen Church  
Senior Airman Matthew Willis  
Senior Airman Seth Miller  
Senior Airman Brion Zwart  
Senior Airman Jesse Chapman  
Senior Airman Brandon Ritchie

342nd Training Squadron

Senior Airman Senna Bennett

43rd Operations Support Squadron

Senior Airman Adam Crown

43rd Civil Engineer Squadron

Senior Airman Robert Fanton

3rd Aerial Port Squadron

Senior Airman Jake Hathaway  
Senior Airman Scott Kaltenmeier  
Senior Airman Kenneth Shelton

Joint Special Operations Command

Senior Airman Eric Johnson  
Senior Airman Michael Robinson

43rd Aircraft Maintenance Squadron

Senior Airman Michael Kozak  
Senior Airman Troy Rutrough  
Senior Airman Travis McMillion

18th Weather Squadron

Senior Airman Peter Shutes

43rd Security Forces Squadron

Senior Airman Robert Horton  
Senior Airman Letari Myles  
Senior Airman Geramy Smith

2nd Airlift Squadron

Senior Airman James Hurtt  
Senior Airman Shannon Ferguson  
Senior Airman Craig Overly

43rd Force Support Squadron

Senior Airman Tashia Lucky  
Senior Airman Demetrius Vines

Joint Communications Unit

Senior Airman Ceven Epps

43rd Aeromedical Evacuation Squadron

Senior Airman Robert Hawkins

21st Special Tactics Squadron

Senior Airman Shundalyn Williams





PHOTO BY AIRMAN 1ST CLASS MINDY BLOEM

## Pittsburgh Group Visit

Members from the Pittsburgh Group, Army and Air Force members and their honorary commanders from the 171st and 911th Air Refueling Wing, Pennsylvania National Guard units stationed at Pittsburgh, Pa., ride the bus over to Kitty Hawk Dining Facility for the quarterly “birthday meal” Oct. 23. The group toured both Pope and Fort Bragg Oct. 23 through 24 as part of their community relations event.

## Air Force Radio News Available Toll Free

The latest Air Force news is available as a daily five minute broadcast at 1-877-237-2346.



PHOTO BY EMILY FARRINGTON-SMITH

## Military working dog demo

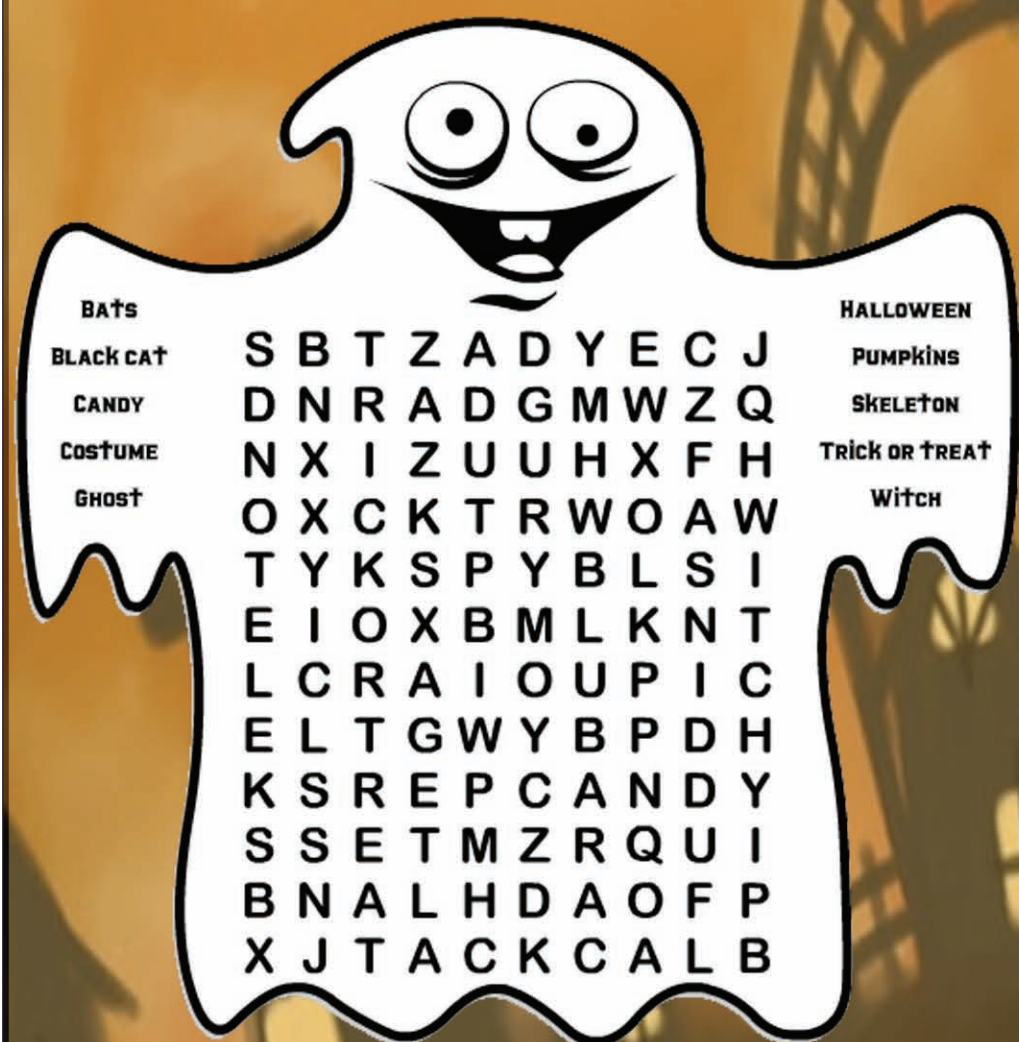
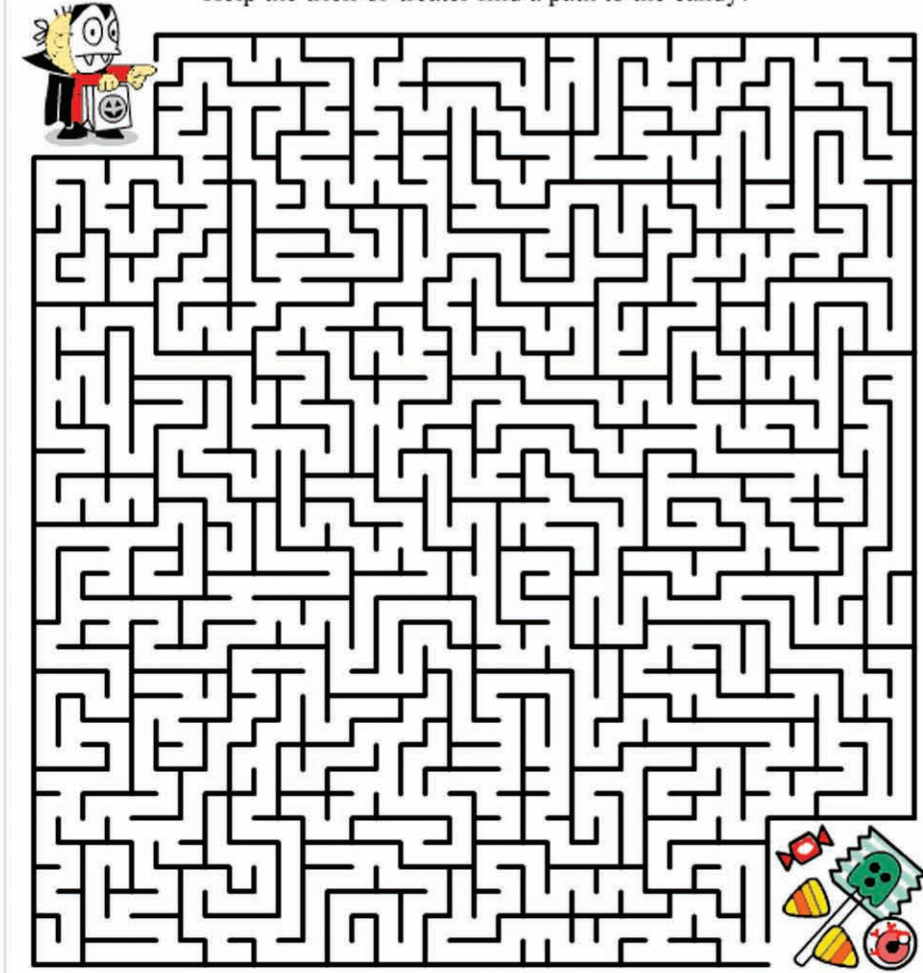
Military working dog Jesa, a 6-year old German Shepherd, simulates an attack on Staff Sgt. Jared Johnson as Staff Sgt. Kevin Davis calls commands. Sergeant Johnson and Sergeant Davis, both 43rd Security Forces Squadron working dog trainers, put on a demonstration for the fourth and fifth graders at Pope Elementary School Oct. 23 as part of Red Ribbon Week. Red Ribbon Week is a national observance to remind people of the dangers of drug abuse and the importance of a drug-free lifestyle.



# Fun Games

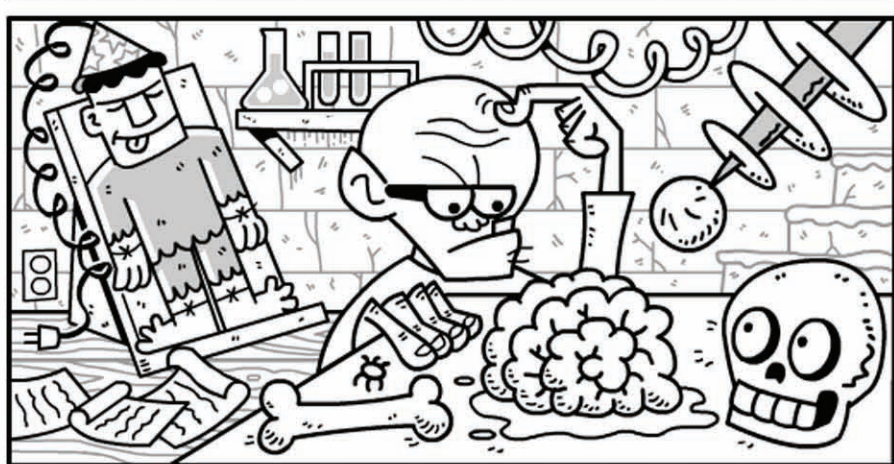
## HALLOWEEN MAZE PUZZLE

Help the trick-or-treater find a path to the candy.



## WHAT'S THE DIFFERENCE?

Look at the two pictures and find seven differences between them.



Games courtesy of [www.funschool.kaboose.com](http://www.funschool.kaboose.com)



# Happy Halloween

Trick-or-Treat  
Hours  
6 to 8 p.m.  
Tonight

## SAFETY TIPS

Advice for Children, Parents, Drivers & Homeowners

- ⚠ If children are out at night, drivers need to be particularly careful at dusk and when driving either over a hill or around a curve, where visibility is limited. Use high beams to see and be seen.
- ⚠ Trick-or-treaters should always be accompanied by an adult or travel in a group. Children should be told not to eat any unwrapped candy or treats until they return home where their parents can see them. Making sure kids have already eaten before heading out may help.
- ⚠ Parents may want to limit kids to local events run by police stations, firehouses, senior citizen centers or local businesses, or organize their own through their school.
- ⚠ Parents should incorporate reflective tape in costumes or add bright colors to increase visibility. Make-up rather than masks should be worn to help ensure that children have an unobstructed view of their surroundings.
- ⚠ Trick-or-treaters may be caught up in the excitement of the day and not be as careful as they should. They should always cross at corners and look both ways before crossing. Drivers need to keep a careful eye on the road and on the sidewalk, in case anyone darts out from between parked cars.
- ⚠ Children should stay on the sidewalk or if none is available, walk facing the lane of traffic, and they should carry a flashlight.
- ⚠ Homeowners should clear their yards of anything that can be tripped over and be sure to have a front door or walkway light on, and refrain from decorations that use an open flame that could ignite a child's costume.

More information is available at [www.teachers.com/safety](http://www.teachers.com/safety).



## Haunted Woods

Photos by Tech Sgt. Todd Wivell

More than 150 people attended the Pope Community Activity Center sponsored Haunted Woods this year. This annual event has become a tradition for Pope at Halloween and many families braved the weather to attend.

The two-night event began on Friday and even though it rained most of the night, all 34 volunteers throughout the wing stayed on and made the event happen for the 13 people who came out to experience the scary woods.

Saturday night provided better weather and more attendance. More than 140 Pope members came out to get scared by the toxic fall-out, watch the girl from the movie "The Ring", go through the Slaughter House or walk through the graveyard.

"I would say this event was an overall success and I appreciate all the help we got from the wing," said Reina Coert-Metcalf, 43rd Airlift Wing Community Activity Center Director. "We raised more than \$286 toward future CAC events."





# CFC finishes strong

By 1st Lt. Brian Simpson  
43rd Medical Support Squadron

The local Pope Combined Federal Campaign drive has come to an end for this year. Let us all thank each other for the goal-shattering campaign Pope waged. Pope has surpassed 140 percent of our goal with contributions still coming in. Please take the time to thank all of your local CFC point of contacts, from the Wing (Capt Dana Longo, 43rd Medical Group and Master Sgt. Patrick Garcia, 3rd Aerial Port Squadron) to the unit level representatives. Because of their hard work, the generosity of Pope members is represented in the success of this year's campaign.

To those who are not convinced that the CFC matters to them, it would be nearly impossible to look through the CFC flyer and not find at least two organizations which directly influence them or someone close to them.

For those who like sports, there are various types of sports charities. There are rural and farm organizations, as well as urban renewal organizations.

For those who have a family member or acquaintance affected by a medical condition, there are organizations that support research for nearly every disease imaginable.

For those who enjoy four-wheeling, there are organizations which facilitate trail management and conservation.

For those who like the beach, there are organizations for oceanographic conservation and beach management.

For those who like to shoot, there are organizations for shooting sports and hunting. Suffice it to say, there are multiple organizations which would benefit from even the smallest contribution. Individuals can help make a difference to what is important to them.

For those who still cannot decide which organization to give to, how about splitting the contribution.

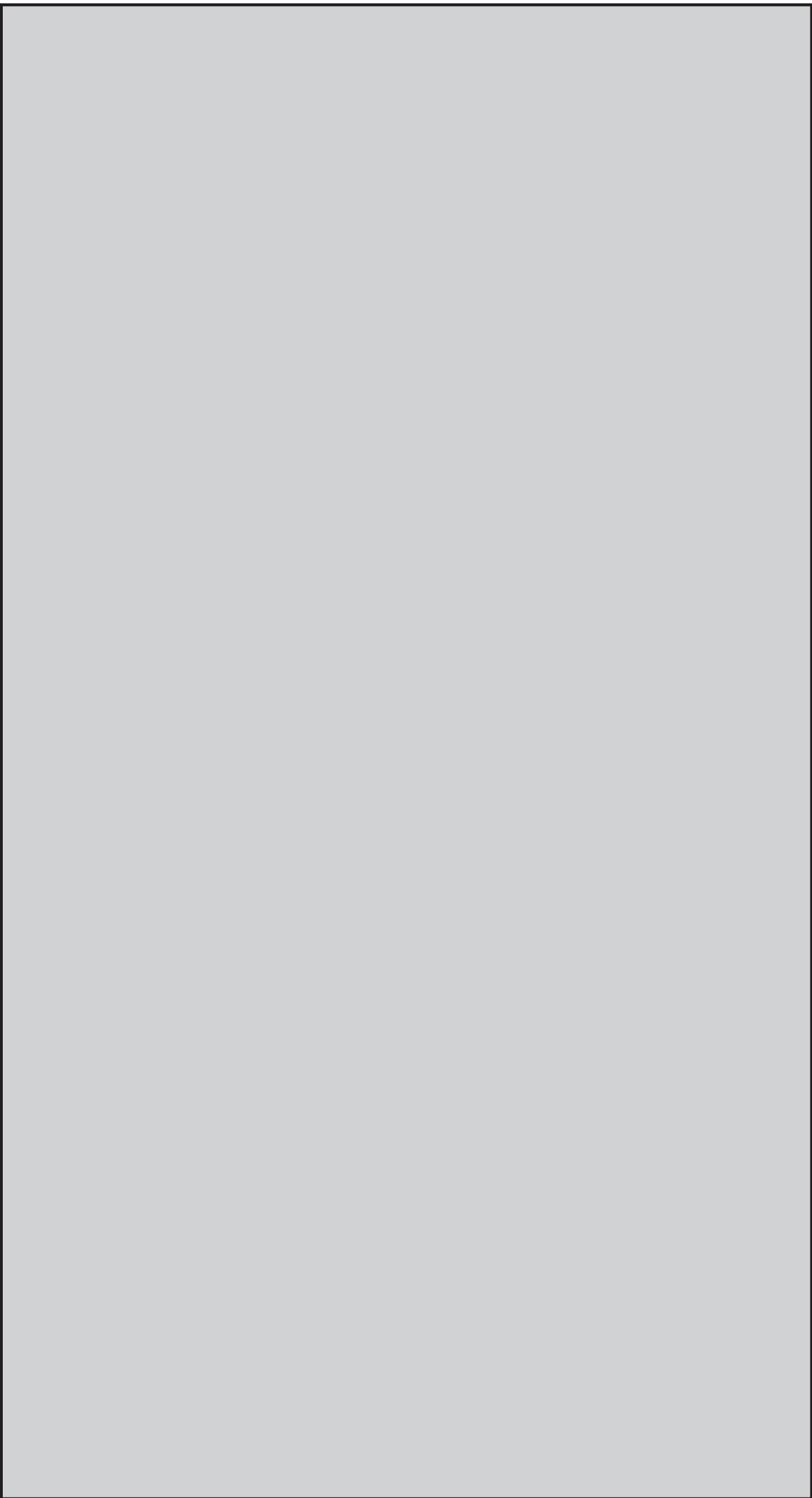
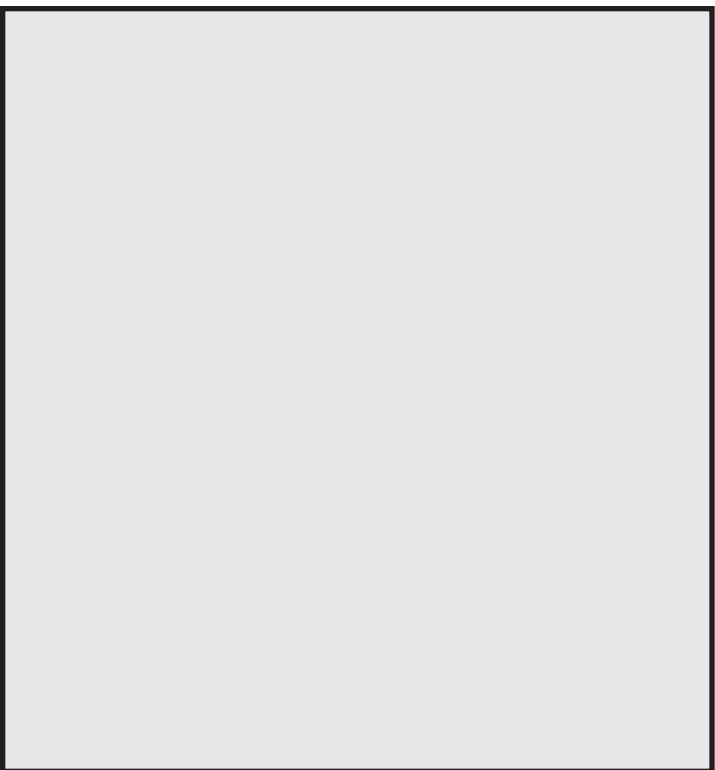
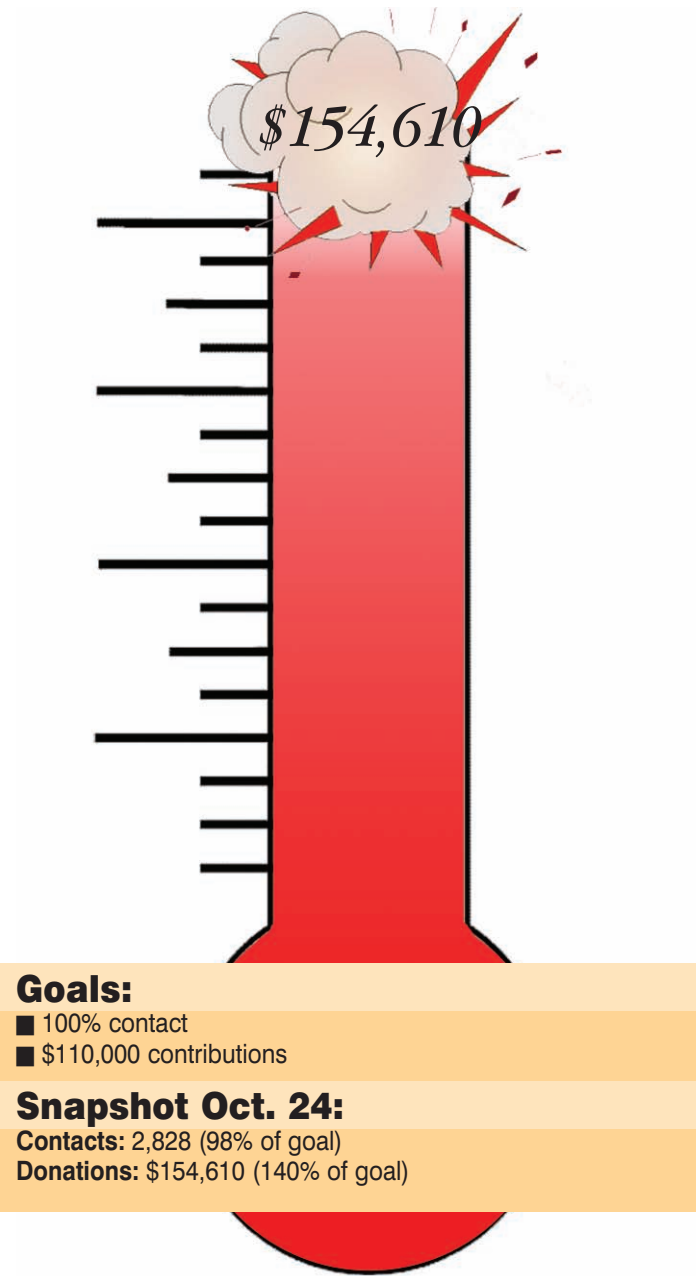
Pope members who don't want to give through payroll deduction, can give a one-time contribution. One person's contribution can help support what you love. The power of the CFC is that every bit helps as we support what matters most to us.



PHOTO BY AIRMAN 1ST CLASS MINDY BLOEM

## Drug Education For Youth

Emily Hopel, Drug Education For Youth camper, plays a game of tag during the DEFY field trip Saturday. The children spent much of the day learning about the importance of study skills. They went to one of the local libraries where they were shown all of the resources the library had to offer. The goal of the program is to produce 9-to-12 year olds with character, leadership and confidence so they are equipped to engage in positive, healthy lifestyles as drug-free citizens and have the necessary skills to be successful in their lives through coordinated community participation, commitment and leadership. For more information about DEFY, call Tracy DeVeault at 394-4700.





# Fairchild AFB Airman captures AMC Icon title

By Mark Diamond  
Headquarters AMC Public Affairs

SCOTT AIR FORCE BASE, Ill. — Airman First Class Johanna Brooks of Fairchild Air Force Base, Wash., was named the winner of the Air Mobility Command Icon competition following the command performance here Oct. 23.

Airman First Class Naomi Nadeau of Dover AFB, Del., garnered second place, and Master Sgt. Robert Martin, representing Travis AFB, Calif., took third.

Other AMC Icon finalists included: Senior Airman David Verde, Charleston AFB, S.C.; Senior Airman Kassandra Seifert of Grand Forks AFB N.D.; Senior Airman Kenneth Dansby, MacDill AFB, Fla.; Airman 1st Class Jonathan Lankford, McChord AFB, Wash.; Airman 1st Class Ruth Rogers, McConnell AFB, Kan.; Airman 1st Class Jeffrey Collins, McGuire AFB, N.J.; Staff Sgt. Marivic Williamson, Pope AFB, N.C.; and Staff Sgt. Tim Herrman, Scott AFB.

Airman Brooks said it may sound silly, but being a performer has been a dream of hers since she was a little girl singing into hairbrushes and vacuum cleaner handles.

“I feel so lucky to be a part of this competition,” she said. “Nothing is better than the thrill of performing for a crowd; making them happy, reflective, [and] evoking the smiles, cheers and heartfelt gratitude.”

In addition to bragging rights, as the winner of the AMC Icon competition, Airman Brooks earned \$1,000 in cash and a spe-

cial invitation to audition with Tops in Blue — the U.S. Air Force’s premier entertainment showcase. For capturing second and third place, Airman Seifert and Sergeant Martin earned \$600 and \$400 respectively.

Airman Brooks said performing for her fellow servicemen and women made the experience even more special.

“There is not a better crowd than my fellow servicemen and women, who I have great respect for,” she said. “I cannot even begin to thank them enough for the work they do and sacrifices they make every single day.”

She said she has enjoyed every part of her Icon experience.

“Not only have I met a lot of nice people that I wouldn’t have otherwise [met], but the recognition feels really good, too. It feels good to get noticed for something you’ve worked for.”

But Airman Brooks said it’s not all about winning. “Just getting the chance to be on stage performing for true American heroes and living my dream is a huge reward in itself,” she said.

Airman Seifert, Grand Forks’ top active-duty vocalist, said her journey to the Icon finals was an incredible opportunity for her both professionally and personally.

“This experience has shown me that the Air Force supports the talents of its Airmen, young and old, by showcasing them in a way that America has shown great interest,” explained Airman Seifert.

For the final Icon competition,

the special panel of judges included Capt. Lyndsey Goodman, a C-17 pilot and former American Idol contestant; St. Louis radio personality “Smash” from 103.3; and Dr. Phillip Wilhelm, director of music at McKendree University in Lebanon, Ill.

Walter Campbell - who has toured with Tops in Blue and performed throughout the United States and around the world - was the master of ceremonies for the command performance.

The event also featured the Air Force Band of Mid America’s Starlifter.

In addition to the live performance at Scott AFB, the final AMC Icon competition was broadcast to clubs at several major AMC bases.

AMC Icon, loosely based around the hit TV show “American Idol,” featured vocalists from all 11 AMC bases. The AMC finalists were named the best Airmen amateur vocalists at their respective base-level competitions, held earlier this year.



PHOTO BY SENIOR AIRMAN RYAN SHORT

## 43rd AMXS Annual Fall Festival

The families of the 43rd Aircraft Maintenance Squadron were entertained at the squadron’s annual Fall Festival Oct. 18. Games, food, crafts and prizes were plentiful and the night was capped off with a “Trunk or Treat” contest — a contest in which vehicle trunks are decorated for Halloween and filled with treats that allows children a safe environment to trick or treat. Tech. Sgt. Damien Perez, 43rd AMXS and his family took first place in the overall costume contest.



PHOTO BY SENIOR AIRMAN JONATHAN LOVELADY

Staff Sgt. Marivic-Len Williamson, 43rd Airlift Wing, performs during the Air Mobility Command Icon competition Oct. 23 at Scott Air Force Base, Ill.



# National Disability Awareness Month

By Staff Sgt. Christopher Drew  
43rd Airlift Wing Equal Opportunity office

President Bush jump started the month of October which is designated to honor National Disability month with these words: “During National Disability Employment Awareness Month, we reaffirm our commitment to ensuring that our Nation’s promise extends to all our citizens. Millions of Americans live with disabilities, and many other Americans will become disabled at some point in their lives. To integrate people with disabilities more fully into every aspect of life, our country is working to advance greater freedoms at work, in schools, and throughout communities. By expanding employment opportunities and fighting false perceptions that hinder people living with disabilities from joining the workforce, we can uphold America’s moral values, strengthen our economy and make America a more hopeful place.”

Now as the month comes to a close here are some points to consider while at work.

Upon its creation in 1945, the observance was started to warrant awareness about working with individuals with disabilities. In an effort to afford people with disabilities the rights of all American citizens, the federal government set up programs to allow them to work. In an effort to recognize their many achievements and accomplishments, America has set aside the month of October to highlight their contributions to America and society.

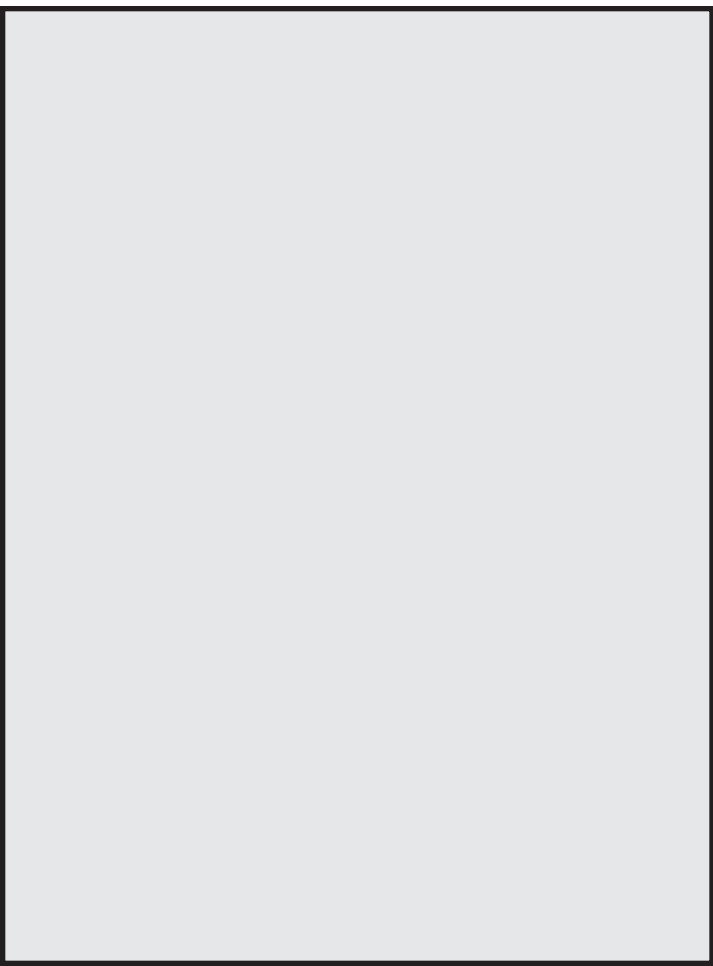
**The following are two myths about people with disabilities:**

■ You can always tell that someone has a disability. That statement is false. A disability can be noticeable as well as unnoticeable, due to the fact that there are two types of disabilities; physical and mental. Even some physical disabilities such as early stages of Parkinson’s disease or veterans with amputeed limbs are hard to notice. Not all disabled people use some type of corrective or assistive apparatus. The same applies for mental disabilities. Some differences in speech and actions may be so subtle you may not realize it.

■ People with disabilities are a burden to society. False, there are millions of Americans with disabilities who are making tremendous contributions to America. There are numerous people with disabilities who hold prestigious and professional positions. America has had presidents who have had some type of disability whether physical or mental. There are doctors, lawyers and nurses who do their job everyday despite having a disability. For example President Roosevelt (former New York governor) had polio which required him to use a wheel chair on a daily basis. Even world-renowned scientist Albert Einstein had dyslexia, a learning disability which is classified as a mental disability. There is nothing different about these men; they had to face and overcome challenges like the rest of us on a daily basis. The American’s with Disabilities Act was formed in 1990 which provided more rights and opportunities to people with disabilities in an effort to pave the way for equality. They are able to acquire better paying jobs, better medical care and support for their disabilities and greater integration in society, so America as a whole can enjoy their contributions.

The purpose of the month is not to alert you to co-workers who have disabilities, but to commemorate their integration and accomplishments in society. The purpose of the month is to create educational awareness and help foster diversity so that individuals can be more accepting and sensitive to the needs and feelings of fellow co-workers. As National Disability Awareness month draws to a close, remember to keep these words in mind:

“Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny,” Phra Acharn Chah said.



# Enterprise Information Management AMC’s smarter way of doing business

By Tech. Sgt. Lawrence Hebble, Jr.  
43rd Communications Squadron

Have you ever experienced the frustration of having to retype a document that you accidentally deleted? Have you attempted to update slides that were locked by another user and said to yourself, “There has to be a better way to do this?” Well, there is a better way and it’s called Enterprise Information Management.

EIM is a capability that will reduce the time and effort used to provide critical, decision-making information to commanders, while streamlining and automating administrative processes. EIM will also ensure Pope is in compliance with legal and Department of Defense mandates for Records Management, Freedom of Information Act and the Privacy Act.

EIM eliminates the need to search layers of folders on shared drives and reduces duplicate documents. A single instance of the information is easily found and available to everyone for checkout in a Web-based environment. Individuals have access to their information from any Air Mobility Command base (and eventually any Air Force base) eliminating the need to e-mail documents/slides ahead or carry thumb drives.

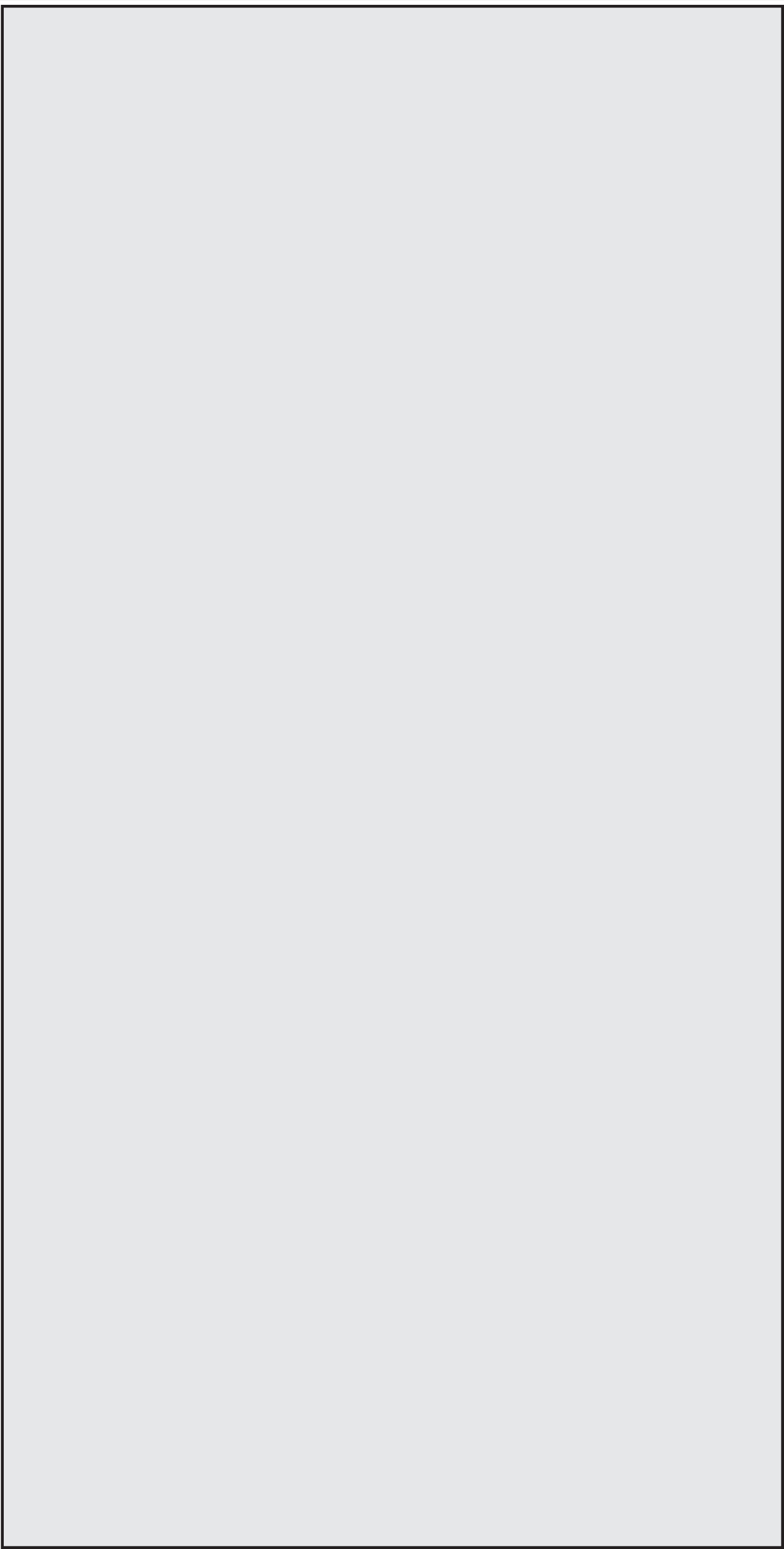
This is how AMC is going to do business. Effective Nov. 1, the new EIM home page will be the default for your computer. Don’t worry, the old SharePoint pages will still be available at just an extra click away. Individuals may contact their site owner to transition their SharePoint pages.

Anyone who has been using the old SharePoint 2.0 will notice dramatic

improvements in EIM such as automatic file backup and data recovery, enhanced search capabilities, customizable views, online help and user tutorials to name a few. During our recent EIM deployment, 48 site owners were trained, 54 sites built and 99 solutions implemented. Unit on-boarding sessions allowed process owners to sit down with the development team to integrate solutions on their sites. Pope is off to a good start, but there remains alot of work to be done in order to complete the transition from SharePoint to EIM.

If you wish to learn more about this latest tool in our information management toolbox, simply go to <https://eim.amc.af.mil/org/43aw> and click on User Tutorials.

Individuals who are tired of doing business the hard way, can try EIM and start working the smart way.





# Pope member begins marathon training



COURTESY PHOTO

Master Sgt. Roy King, 43rd Force Support Squadron, runs a 26 mile marathon during the Air Force Marathon in September. Sergeant King plans to compete in the Disney World Marathon in Orlando Jan. 12.

By Airman 1st Class  
Mindy Bloem  
Staff writer

At mile 14 of the Air Force Marathon in September, Master Sgt. Roy King's body began showing signs of fatigue and his legs began to cramp. At mile 18, he asked himself a question: "Whose bright idea was it to run a marathon?"

While Sergeant King, 43rd Force Support Squadron, was stationed in Italy in 2002, he had a workout partner who talked to him about marathons. An avid runner, Sergeant King's interest was piqued. At that time, he usually kept his running distance to just under six miles. He began considering running a marathon but didn't actually make the commitment to start training until he was deployed to Southwest Asia in 2005.

As luck would have it, Sergeant King met another Airman at the Fitness Center he was working who was training to run in San Diego's Rock n' Roll marathon, and they began training together.

"I suffered an injury during the process and wasn't able to run in the race," Sergeant King said. "This injury made me realize the importance of a solid training plan. I think the lack of a training plan contributed to my injury so now I develop a plan for any race longer than 10K."

During the Air Force Marathon in September, Sergeant King set a goal to finish fast enough to qualify for the Boston Marathon, a long-time dream of his. To accomplish this goal, he needed a pace of 7:38/mile or better. He reached the 13.1 marker in 1:35, which was five minutes ahead of his projected time; however, by mile 18 his pace had slowed dramatically due to fatigue and leg cramps. He did not let this setback keep him from finishing. Instead, he saw a runner next to him who seemed to be going through the same difficulties.

"I decided to direct my focus on getting him to the finish line," Sergeant King said. "I think that was exactly what I needed. Most of my training for this race had been accomplished with a running partner, so I fed off the camaraderie and helping one another

make it to the end."

Sergeant King felt mixed emotions when he did finally make it to the finish line.

"Unfortunately the cramps didn't go away and I struggled to the finish line," he said. "I crossed the finish line in 3:27, seven minutes from my qualifying time. I was relieved it was over, excited I had made it, a little sad I didn't make my goal, and I began planning for the next one."

The next one happens to be the Disney World Marathon in Orlando Jan. 12, which is just one of three marathons Sergeant King is hoping to complete next year.

"I was debating whether to compete in the Disney World Marathon or the Rock n' Roll Marathon in Arizona, which is also in January," Sergeant King said. "It was a tough decision because I have friends participating in each marathon, and I know I can count on them to get me through the training. Ultimately, I decided on Disney because some of our Pope members are also competing in that race. Plus, the finisher's medal you get from Disney World is too cool."

Sergeant King has less than three months to prepare for this event. His training regime includes pace training.

"I will run three days a week and cross train three days," he said. "For my cross training sessions, I'll participate in Spin classes and use the various cardio equipment in the Fitness Center. I also plan to take yoga classes on Saturday and strength train at least four days a week."

Anyone who works with

Sergeant King can't help but notice his intense commitment to these races.

"He is very dedicated," Senior Airman Jacklyn Hawkins, 43rd FSS, said. "He is in here first thing in the morning, hitting the weight room, running a couple of miles. He is very passionate about fitness and training. He motivates you to stay in shape. During the last marathon he ran, he was in here almost everyday at 5 a.m. working out. Then he would change and

get back to his regular job."

Part of the satisfaction Sergeant King gets from these marathon events comes from the challenge of it, not to mention the large buffet of food the runners get to partake in at the end

Sergeant King also plans to join Team in Training and compete in the Rock n' Roll Marathon in San Diego May 31. During this race, he will be running to help raise funds for leukemia, lymphoma and myeloma research

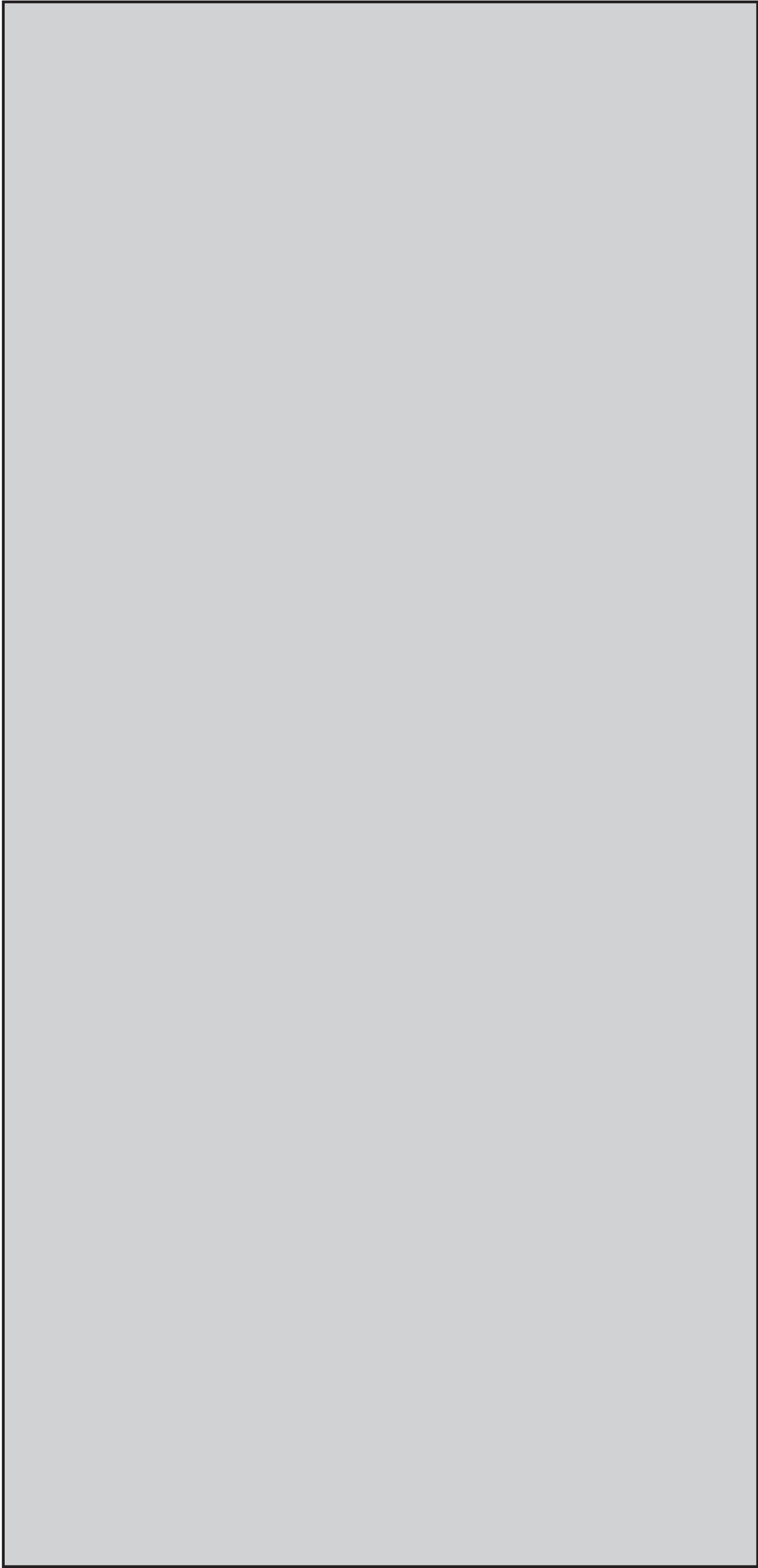
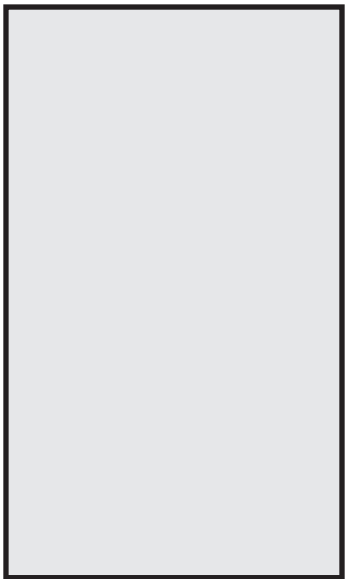
and patient services.

He said he plans to have a Web site location in January individuals can access in order to provide their support and contributions. His final race in 2009 will once again be the Air Force Marathon.

"I would like to try for a spot on the Air Mobility Command team," Sergeant King said. "In addition to full marathons I plan to run a number of half marathons, 10K and 5K races as part of my training plan."

Sergeant King admits he loves to participate in marathons and offers his advice to anyone who is considering a marathon.

"Talk to experienced runners," he said. "Runners tend to be enthusiastic about sharing the things they've learned. It's also very important to set performance goals and find a training plan to help you reach those goals. If you can find a training partner, it will aid greatly in keeping you focused."





Intramural Flag Football schedule

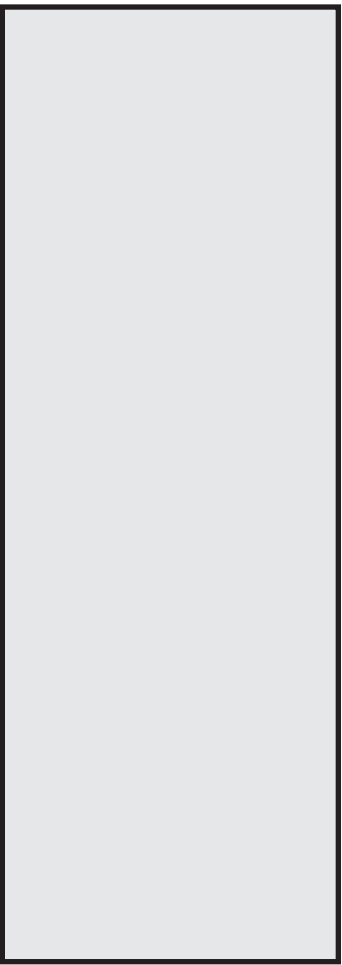
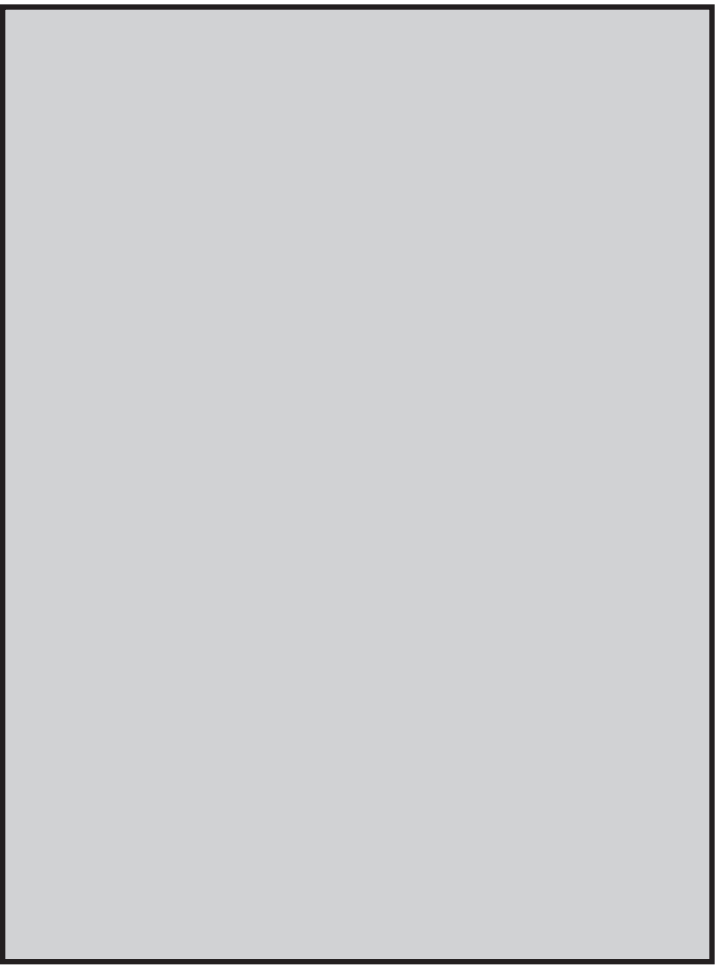
For more information, call Tech. Sgt. Brian Charney or Staff Sgt. Shannon Gothro at 394-2671.

American League

Monday  
5:30 p.m. 43 OSS vs. 14 ASOS  
6:30 p.m. 43 AES vs. 43 FSS  
7:30 p.m. 43 CS vs. 43 AMXS  
Wednesday  
5:30 p.m. 14 ASOS vs. 3 APS  
6:30 p.m. 43 OSS vs. 43 CS  
7:30 p.m. 43 AMXS vs. 14 ASOS  
Nov. 10  
5:30 p.m. 43 OSS vs. 43 AMXS  
6:30 p.m. 14 ASOS vs. 43 FSS  
7:30 p.m. 43 AES vs. 3 APS  
Nov. 12  
5:30 p.m. 14 ASOS vs. 43 AES  
6:30 p.m. 43 FSS vs. 43 CS  
7:30 p.m. 43 AMXS vs. 3 APS

National League

Tuesday  
5:30 p.m. 66 AOS vs. 43 SFS  
6:30 p.m. FIRE vs. 43 MDG  
7:30 p.m. 2 AS vs. 43 CES  
8:30 p.m. JCU vs. 43 LRS  
Thursday  
5:30 p.m. 2 AS vs. 43 MDG  
6:30 p.m. FIRE vs. 43 SFS  
7:30 p.m. 43 CES vs. 43 LRS  
8:30 p.m. JCU vs. 66 AOS  
Nov. 13  
5:30 p.m. 43 MDG vs. 43 SFS  
6:30 p.m. 43 CES vs. 66 AOS  
7:30 p.m. 2 AS vs. 43 LRS  
8:30 p.m. FIRE vs. JCU



Youth Sports

Editors note: All youth sport activities will take place on Fort Bragg at the Tolson Youth Activity Center. You can register your child for a Children's Youth Service membership at the Soldier Support Center, fourth floor, on Normandy Drive. Hours of operation are Monday through Friday from 8:30 a.m. to 5:30 p.m. or visit [www.fortbraggmwr.com/cysreg.php](http://www.fortbraggmwr.com/cysreg.php) or call 396-8110/1278.

Youth Activity Fair

Learn about activities

available for teens and children in the area. The fair is Tuesday at the Tolson Youth Activities Center on Fort Bragg from noon to 3 p.m. such. The event will be hosted by Youth Education Support Services. For more information, call school liaison services at 432-1008 or [braggschoolliaison@conus.army.mil](mailto:braggschoolliaison@conus.army.mil) or go to [www.fortbraggmwr.com/sls/sls.php](http://www.fortbraggmwr.com/sls/sls.php).

Gymnastics Classes

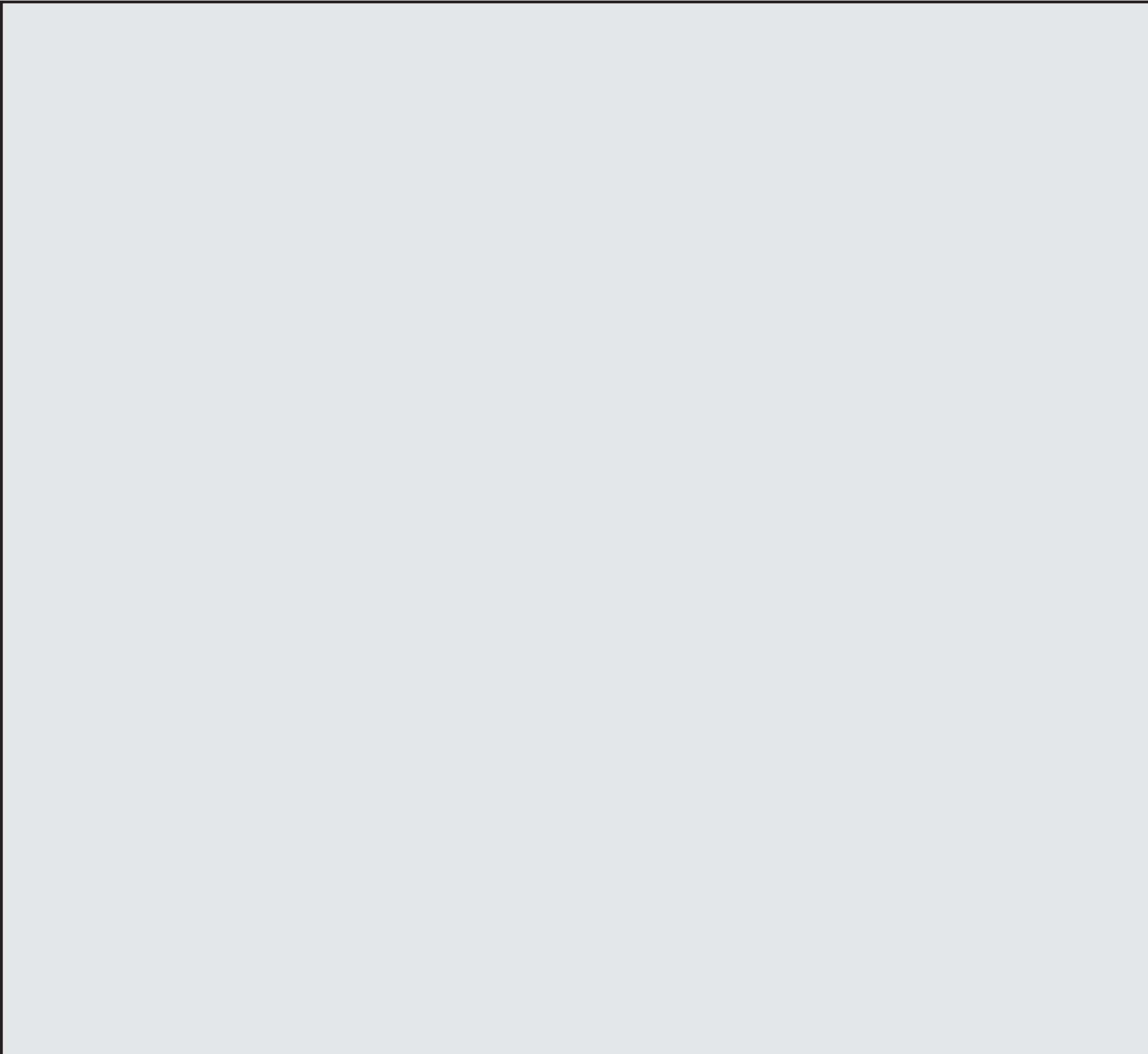
Every Tuesday, times vary, for boys and girls ages 6 and above on space available

basis. Price is \$33 per month for four 60-minute classes at Tolson Youth Activities Center. CYS membership required. For more information, call 396-8110/1278.



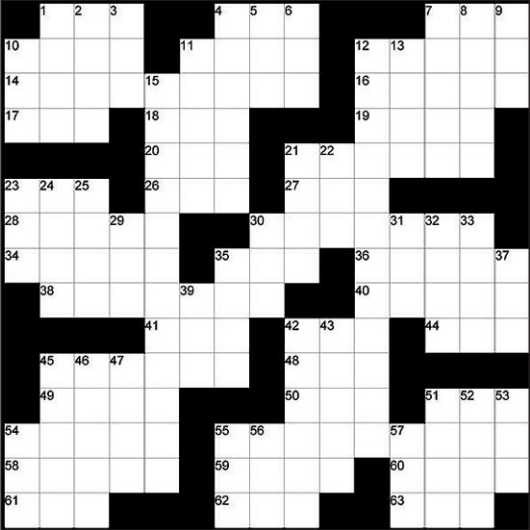
Run-a-thon

Tolson Activities Center is having a Run-a-thon Nov. 10 from 2 to 3 p.m. Event is open to CYS cardholders in 5th to 12th grade. For more information, call 396-KIDS.





FLYER EXTRA



Boo!  
by Capt. Tony Wickman  
USAFE Public Affairs

- ACROSS
- 1. Rapping Dr.
  - 4. Music holders
  - 7. Singing group \_\_\_ Na Na
  - 10. Fuel source
  - 11. Away from the wind
  - 12. Land of the Rising Sun
  - 14. 2001 Ryan Phillippe film

- 16. With full force
- 17. Golf prop
- 18. Stimpý's pal
- 19. Bud of Harold and Maude fame
- 20. Pen filler
- 21. Stock market in 12 Across
- 23. Cleo killer
- 26. Small low island
- 27. Bother
- 28. Color synonymous with Halloween
- 30. I'm sorry
- 34. Egyptian capital
- 35. Health resort
- 36. GI JOE: \_\_\_ American Hero
- 38. Make an arrangement on a basis of proportional distribution
- 40. Fool or simpleton
- 41. Mil. pay entitlement during PCS
- 42. Acne
- 44. Scream during Halloween
- 45. Ghost seen during Halloween
- 48. Lyrical poem
- 49. Ear part
- 50. Russian space station
- 51. Tree product
- 54. British television host and cookbook writer Smith
- 55. Italian mathematician who founded a

- sequence of integers
  - 58. Bread mold?
  - 59. Forget
  - 60. Acting role
  - 61. USAF appraisal for AB-SMSGt
  - 62. Norma \_\_\_; Fields movie
  - 63. Single
- DOWN
- 1. Complete
  - 2. USN equivalent to AFSC
  - 3. NY Giant Manning
  - 4. Awkwardly heavy
  - 5. \_\_\_ Moines
  - 6. Place
  - 7. Extra
  - 8. Caribbean country
  - 9. Grumpy Old Men actress \_\_\_-Margret
  - 10. A black one is a Halloween icon
  - 11. Stadium
  - 12. Carved pumpkin that is a Halloween icon
  - 13. Frenziedly
  - 15. Halloween saying
  - 21. California wine valley
  - 22. Wedding words
  - 23. Beginning of a 26-letter string
  - 24. Hit
  - 25. Duo

- 29. \_\_\_-Magnon; early man
- 30. Mock
- 31. USAF examination for a wing's ability to do its mission
- 32. Hackman of Behind Enemy Lines
- 33. Nickname for an American
- 35. Immediately
- 37. Soap
- 39. The Greatest
- 42. Halloween ghoul
- 43. Dummy
- 45. Go to bed
- 46. Type of bear
- 47. Large wading bird
- 51. Observe
- 52. Land measurement
- 53. Hole
- 54. Color
- 55. In favor of
- 56. USAF Reservist
- 57. Mil. over-seas address starter



Pope chapel

315 Ethridge Street  
☎ 394-2677

Religious services

For bible studies call the chapel

**Traditional service:** Sunday, 8 a.m.

**Contemporary service:** Sunday, 11 a.m.

**Protestant Combined Worship:** 11 a.m. the second Sunday of each month and all holidays

**Sunday school (all ages):** 9:30 a.m. Pope Elementary

**Catholic services:** Sunday at 9:30 a.m. and 5 p.m.

**Daily mass:** Monday through Thursday, 11:30 a.m.

**Reconciliation:** Sunday from 9 to 9:30 a.m. or by appointment.

**Choir rehearsal:** Monday at 7 p.m.

**RCIA:** Thursday at 6 p.m.

**CCD:** 11 a.m. at Pope Elementary School

Services offered at Fort Bragg

**Catholic service:** JFK Chapel, Ardennes Street, Saturday at 5 p.m. Confessions at 4 p.m.

**Muslim or Orthodox Christian services:** Call the Fort Bragg Chapel at 396-1121.

**Officers' Christian Fellowship:** Bible study on leadership, Wednesday at 6 a.m.

**Jewish services:** Contact the Beth Israel Congregation Community Center on Morganton Road at 484-6462.

**Wiccan ceremonies:** The Watters Center on Fort Bragg holds an open circle Thursday at 7:30 p.m.

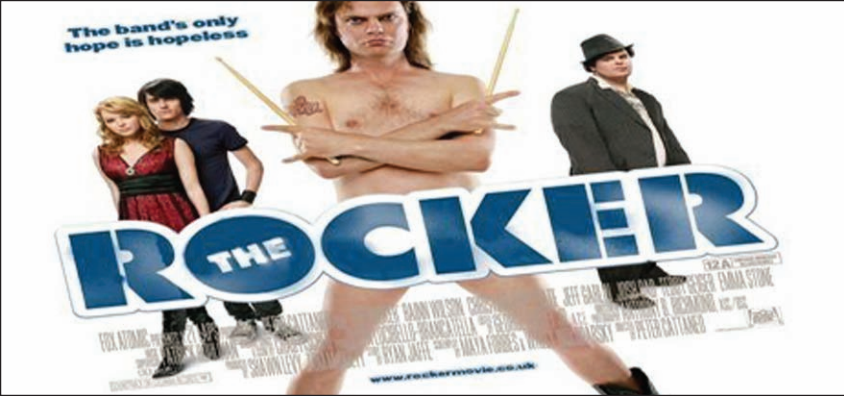
POPE CLUB LUNCH BUFFET				
NOVEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Bulgogi, Chicken Lo Mein, Sweet and Sour Pork, Fried Chicken, Oriental Vegetable Medley, Egg Rolls, Fried Rice, Steamed Rice, Freshly Baked Rolls, Soup du Jour and Assorted Desserts	4 Jerk Steak, Liver and Onions, Fried Chicken, Spicy Chicken, Rice Pilaf, Boiled Red Potatoes, Green Beans Almondine, California Vegetable Medley, Freshly Baked Rolls, Soup du Jour and Assorted Desserts	5 Chinese Style Spare Ribs, Chicken and Broccoli Divan, Fried Chicken, Pulled Pork BBQ, Fresh Vegetable Medley, Oriental Stir Fry, 7-Vegetable Rice Pilaf, Stripped Red Potatoes, Freshly Baked Rolls, Soup du Jour, and Assorted Desserts	6 Spaghetti and Meatballs, Beef Lasagna, Fried Chicken, Creole Chicken and Dumplings, Assorted Pizza, Fresh Vegetable Medley, Eggplant Parmesan, Garlic Bread, Freshly Baked Rolls, Soup du Jour and Assorted Desserts	7 Macaroni and Beef, Fried Catfish, Fried Whiting, Popcorn Shrimp, Baked Flounder, Fried Chicken, Hushpuppies, Buttered Peas and Carrots, Roasted Potatoes, Cheese Grits, Fresh Vegetable Medley, Freshly Baked Rolls, Soup du Jour and Assorted Desserts
Lunch Buffet Hours Monday through Friday 11 AM to 1 PM Menu subject to change without notice		Club Members: \$6.95 Non-Members: \$7.95		

**HALLOWEEN PARTY!**  
Library  
Oct 31, 4 pm  
SPOOKY FUN FOR ALL AGES!!!  
WEAR YOUR COSTUME!  
Stories, Treats & Games  
Call 394 -2195 for more information

headquarters air force services presents  
**tops in blue**  
world tour '08  
**deja blue**  
Celebrating 55 Years of Entertainment  
at&t  
Nov 13 at the Crown Coliseum Theater  
No Federal Endorsement of Sponsors Intended.

**SUPERBOWL BINGO TICKETS**  
**ON SALE NOV 3**  
**AT THE POPE CLUB**

- Movies
- All movies, unless otherwise posted, start at 7 p.m. Tickets are \$2 for adults and \$1.50 for children 12 and younger.
- Pope Theater
- Armistead Street
- Tonight:** The Rocker (PG-13)
- Robert "Fish" Fishman is the extremely dedicated and astoundingly passionate drummer for the eighties hair band Vesuvius, who is living the rock n' roll dream until he is unceremoniously kicked out of the band.
- Twenty years after his rock star fantasies are destroyed, just when Fish has finally given up all hope, he hears that his nephew's high school rock band A.D.D. is looking for a new drummer. They reluctantly make him the newest member of the band, giving him a chance to reclaim the rock God throne he's always thought he deserved, and taking the young band along for the ride of their lives.
- Saturday:** Space Chimps (G) 1 p.m.; The House Bunny (PG-13) 4 p.m.;
- The Dark Knight (PG-13) 7 p.m.
- Sunday:** The Longshots (PG) 1 p.m.



Alvin C. York Theater closed until Nov. 30 for renovation.

Kitty Hawk Inn

☎ 394-4377  
**Monday - Friday**  
Breakfast: 5:30 to 7 a.m.  
Lunch: 10:30 a.m. to 1 p.m.  
Dinner: 4 to 7 p.m.  
**Saturday, Sunday, Holidays and downdays**  
Brunch: 7 a.m. to noon  
Supper: 4 to 6 p.m.

Habanero Mexican Grill

☎ 394-4580  
**Breakfast**  
**Monday - Friday:** 7:30 a.m. to 2 p.m.  
**Saturday and Sunday:** 7 a.m. to 2 p.m.  
**Lunch**  
**Daily:** 10:30 a.m. to 2 p.m.

Information, Tickets and Travel

☎ 394-4478  
**Monday - Friday:** 10 a.m. to 5 p.m.  
**Library**  
☎ 394-2195  
**Monday - Thursday:** 9:30 a.m. to 7:30 p.m.  
**Friday:** 9:30 a.m. to 6:30 p.m.  
Story time: 4 p.m.  
**Saturday:** 10 a.m. to 4 p.m.  
**Wood Shop**  
☎ 394-5049  
**Tuesday - Thursday:** 1 p.m. to 8 p.m.  
**Friday and Saturday:** 9 a.m. to 5 p.m.  
**School Age Programs**  
☎ 394-2869  
**Monday - Friday:** 6 a.m. to 5:30 p.m.  
**Auto Hobby Shop**  
☎ 394-2293  
**Tuesday - Thursday:** 11 a.m. to 8 p.m.

**Friday and Saturday:** 9 a.m. to 5 p.m.  
**Community Center**  
☎ 394-2779  
**Monday - Friday:** 9 a.m. to 5 p.m.  
**Youth Center**  
☎ 394-4512  
**Monday - Thursday:** 2:30 p.m. to 8:30 p.m.  
**Friday and Saturday:** 2:30 p.m. to 10 p.m.  
**Bowling Center**  
☎ 394-2891  
**Monday - Wednesday:** 11 a.m. to 9 p.m.  
**Thursday:** 11 a.m. to 10 p.m.  
**Friday:** 11 a.m. to 1 a.m.  
**Saturday:** 9 a.m. to 12 a.m.  
**Sunday:** 1 to 7 p.m.  
**Willow Lakes Golf Course**  
☎ 394-GOLF  
**Friday and Saturday:** 8 a.m. to 3 p.m.

**Sunday:** 8 a.m. to 2 p.m.  
**Fitness Center**  
☎ 394-2671  
**Monday - Friday:** 5 a.m. to 11 p.m.  
**Saturday and Sunday:** 8 a.m. to 7 p.m.  
**Holidays and family days:** 8 a.m. to 6 p.m.  
**Frame and Design Arts**  
☎ 394-4192  
**Tuesday:** 10 a.m. to 5 p.m.  
**Wednesday and Thursday:** 10 a.m. to 7 p.m.  
**Saturday:** 10 a.m. to 3 p.m.  
**Butler's Barber Shop**  
☎ 394-4387  
**Monday - Friday:** 9 a.m. to 5 p.m.  
**Mack's Barber Shop**  
☎ 436-7718  
**Monday - Friday:** 9 a.m. to 5 p.m.  
**Pope Pool**

☎ 394-4386  
**Tuesday - Friday**  
**Open Swim:** 4 p.m. to 7 p.m.  
**Saturday:** 11 a.m. to 7 p.m.  
**Sunday and Holidays:** Noon to 7 p.m.  
Pool closes Sept. 21  
**Equipment Rental**  
☎ 394-4730  
**Monday - Friday:** 8 a.m. to 5 p.m.  
**Saturday:** 8 a.m. to Noon  
**Family Child Care**  
☎ 394-2382  
**Monday - Friday:** 7:30 a.m. to 4:30 p.m.  
**Child Development Center**  
☎ 394-4323/2724  
**Monday - Friday:** 6:30 a.m. to 5:30 p.m.